

AUCKLAND NZ 2008 SEMINAR ROOM 2
MINDD FOUNDATION
SATURDAY 5th JULY

TIME	SPEAKER	BIO	TOPIC
10:30am	 IMAGE COMING SOON	Cooking with Erik Arndt, managing director and inventor Of Aria Farm Strips and his daughter assistant Heidi Arndt	Quick and Easy Cooking for Allergies
11:00am		Dr. Rodney Ford (Dr. Gluten) Dr Doctor Rodney Ford says "Professionally, I am a paediatrician (a doctor who looks after children). I am also a gastroenterologist (gut) and food allergy specialist. I was Associate Professor of Paediatrics at the Christchurch School of Medicine, University of Otago, New Zealand." Dr. Rodney Ford has been helping people with nutrition and food problems for more than twenty-five years. Over this time there have been revolutionary changes in thinking about the widespread damage from gluten. He has written a series of books to express his thinking and increase debate of the effects of gluten on health. He hopes his website www.doctorgluten.com will benefit you and hundreds of thousands of others, worldwide.	Topic 1 (25mins) - Eczema - Cure it! Find all answers to your Eczema. At last, you can experience normal skin again. - Why have you got it? - What is causing it? - How can you switch it off? - What's driving it? - Is it gluten, milk or eggs? - How can you protect your children? - Can you identify your allergies? - What creams and potions? Find your answers to curing your eczema. Topic 2 (25mins)- The Gluten Syndrome: is wheat causing you harm? Is it harming you? Is it harming your kids? "The Gluten Syndrome" describes the symptoms that people suffer from eating gluten. It can cause gut, skin and nerve problems. Hear how: - Gluten causes its harm through damage to the neural networks in the gut and brain. - It causes learning difficulties, behaviour problems and crime. - Coeliac disease is only a tiny part of the problem. - Understand why much of the medical profession remains sceptical. - Gluten causes harm to vast numbers (millions upon millions) of people - The Gluten Syndrome is the major food problem that the Western World needs to address. - Find out if you have The Gluten Syndrome.
Noon		Dr Debbie Fewtrell - MB ChB, Dip Obs, FRNZCGP, FACNEM Dr Fewtrell has an integrative medical practice specialising in the nutritional and biomedical treatment of children with allergies, immune, learning and behaviour problems. She also teaches and mentors Australasian biomedical practitioners. Her work has been regularly featured in the NZ media most recently with the "What's really in our food" documentary. Debbie's strong focus is to inspire and educate parents and professionals in Australasia to use integrative biomedical approaches (ie a combination of mainstream, nutritional and natural medicine) to improve the health and neurological function of children. She is a Pfeiffer and DAN! (Defeat Autism Now) trained physician and a fellow of Australasian College of Nutritional and Environmental medicine.	What's really in our food? Allergies and sensitivities to foods are relatively well understood but the possible reactions to some natural and artificial food chemicals are not. One in three children is affected by Allergy , ADHD , ADD, a behaviour disorder, a learning disorder, dyslexia , Autism spectrum disorders or asthma? Why are these conditions so much more prevalent than a generation ago? Does our current diet explain some of the increases we have seen? Do you think your child may be reacting to some food colours but can't seem to work out which one? Do you wheeze after some wines? Is your child's behaviour sometimes best described as "Jekyll and Hide"? Do you get headaches after some chinese food? Are you confused or concerned about MSG, Aspartame, food colourings, preservatives, flavourings - listen to the research and learn some shocking statistics! Become informed about additives used in NZ , learn how to read labels and then how to identify and eliminate the worst offenders for optimal health. Dr Fewtrell will explain how changing the diet can help behaviour and the immune system and how biomedical approaches can help "sensitive" children by addressing some of the core underpinning issues in the body rather than being predominantly reliant on drugs to treat symptoms. This lecture will appeal to anyone with an interest in a healthier diet, particularly parents.
1:00pm		Leila Masson Leila Masson is a consultant paediatrician interested in disease prevention through healthy nutrition and life style. She studied in Europe and the United States and now has a thriving practice in Auckland, where she sees mostly children with behavioural problems, ADHD and autism, as well as children with	Optimal health for children Leila will speak about how to attain optimal health through a wholesome diet, avoiding environmental toxins and getting enough exercise. Any current or future parent

		<p>environmental pollutants, pesticides and toxins, so that we can better treat allergies and eczema. She is also a certified lactation consultant and helped many families to start their children out on the perfect diet by supporting breastfeeding. www.leilamasson.com</p>	<p>interested in improving their own or their children's health should come and hear about the latest research in nutrition and environmental health.</p>
<p>2:00pm</p>		<p>Gina Wilson - BHSc Comp Med, ND, Dip Herb Med, BEd Tchg</p> <p>Gina Wilson is a Naturopath and Medical Herbalist. She has a background in teaching young children with special needs, specifically autism. She now works in the area of Biomedical Intervention, working with children with a range of needs on the Autism Spectrum. She works closely with families, often in their home, helping them implement the Gluten(wheat) Free and Casein (milk) Free diet. She also works alongside a Paediatrician, with families at Autism House. Gina presented at the MINDD conference held in Auckland in 2007. After hours, Gina works closely with educational facilities, delivering nutritional information and workshops to parents and teachers.</p>	<p>Removing Casein (Milk) and/or Gluten (Wheat) from your diet: Your questions answered</p> <ul style="list-style-type: none"> - Caesein - Soy - Gluten - Recipes - Troubleshooting - Products to shop for - GF/CF Suppliers - Books and Websites
<p>3:00pm</p>		<p>Sharon Erdrich</p> <p>Since qualifying as a registered nurse at Greenlane Hospital in 1980, Sharon has worked in a wide variety of health care settings in New Zealand and abroad.</p> <p>Following her life-long vision of creating a comprehensive clinic to promote health from a holistic perspective, she first gained a Diploma of Aromatherapy and Certificate of Massage and then attained Diplomas of Naturopathy and Herbal medicine. Since then she has trained as an Advanced Metabolic Typing Consultant and is currently studying towards a Masters in Health Science (Nutrition) at the University of Auckland.</p> <p>Sharon is a tutor in both Aromatherapy and Naturopathy at Wellpark College of Natural Therapies in Grey Lynn, she has also written a number of magazine articles on nutrition. She is a member of the NZ Association of Medical Herbalists, Naturopaths of NZ, the NZ Register of Holistic Aromatherapist and is an associate of the Australasian Integrative Medical Association.</p> <p>With a deep passion for working with nutritional medicine, Sharon enjoys empowering people to take positive steps towards ensuring good health and preventing disease.</p> <p>Sharon is the director of House of Health, with clinics in Herne Bay and Auckland Central.</p>	<p>Even good food can make you sick!</p> <p>Allergies and sensitivities can have unusual and wide-reaching effects on the body and not all of them can be identified easily, they don't show up on regular lab tests, or they may be hard to pinpoint because it wasn't what you ate for breakfast this morning - you had it yesterday and you were fine!</p> <p>Many chronic health problems can arise from consuming foods that your body doesn't want - you may experience lethargy, or fatigue, migraine, depression, skin problems, fluid retention, even joint pains. The ingestion of allergenic foods can also affect the neurophysiology of a person, impacting emotions, memory and behaviour. And what's worse, you may crave the very foods that are causing the problems.</p> <p>Functional food allergies and sensitivities can be difficult to pin-point. This talk will cover some of the ways to (or not to) pinpoint your allergies and the benefits to be gained from eliminating those foods from your life!</p>
<p>4:00pm</p>		<p>Janet de Witt - B.TchLn. P. Grad Dip. Ed., Dip.E.H.C, Dip. TE.S.S.O.L., Reg. Ed. Kinesiologist.</p> <p>Janet has a passion for enhancing learning and empowering the learner.</p> <p>Following 25 years teaching experience, mostly in special education as a RTLB (resource teacher of learning and behaviour), she now runs a specialist clinic using Educational and Developmental Kinesiology, Brain Gym/Vision gym and developmental movements to support more efficient learning in a child and treat developmental blocks which hinder the child's progress.</p> <p>Janet both runs workshops showing parents, and teachers how to use Brain Gym® movements as well as working in her clinic with children who are experiencing difficulty with coordination, focusing, acquiring reading and writing skills or those children who want to enhance sport or artistic performance skills. Individuals with ADD, Dyspraxia, Dyslexia and ASD can find this process enables them to move forward.</p>	<p>Taking the lid off learning difficulties – Is it just a school problem?</p> <p>Only when we ask WHY? can we start to put in place effective support for children who are struggling. Many schools provide strategies, programmes and extra support in relation to their resources and assessment of the learning difficulty but is that sufficient to address the core reasons why the child is having problems? Often we need to explore whether the child is actually equipped with the physical, visual and auditory skills to succeed at school. What can the school provide and what else is there out there to explore to support your child?</p>