

# Mindd Talks Albury

Seminar & Expo  
on Integrative Healthcare

30 October, 2016  
Commercial Club  
Albury Wodonga

Get the  
Answers

ADHD  
Allergies  
Anxiety  
Asthma  
Autism  
Bi-polar  
Chronic Fatigue  
Depression  
Diabetes

Digestive issues  
Eczema  
Infections  
Learning  
Memory  
Pyroluria  
Schizophrenia  
Sleep  
Tick-borne disease

Come along and learn the latest on nutrition and lifestyle that promotes optimal mental and physical health.



Expert Speakers on  
**Integrative Solutions  
& Food Is Medicine**

Dr Frank Golik

Helen Padarin, ND

Charlotte Carr

Luke Hines

Therese Kerr

And more!

[mindd.org](http://mindd.org)



# Healthy Gut. Happy Family!

Our health happens at a cellular level and gut health is key!

Modern diseases are at an all-time high and are affecting our children in large numbers. Environment is a key factor with children inheriting more than just genes (including infections, toxins, nutritional deficiencies, gut and immune dysregulation).

In our children, environmental factors impact on developing brains and digestive tracts which have a very strong impact on one another. Research indicates that gut microbes directly impact on brain development and immunity.

Integrative Healthcare offers a holistic and personalised approach that supports the body's innate ability to prevent and fight disease. Best outcomes come from healthy parents and carers working together with experienced Integrative practitioners to select and sequence treatments that address the core cause in the individual patient.



## Australian Children Need Our Help!

- ADHD affects 10% of Australian children, Allergies 30%, Asthma 25%, Autism-nearly 1%.
- Over 50% of our children are low in iodine which affects IQ.
- Childhood cancer, diabetes, obesity & depression have all more than doubled in the past 2 decades.
- Food allergies can be misdiagnosed as ADHD.
- Digestive problems can cause allergies, asthma, anxiety, eczema, depression, weight and attention issues.
- Healthy fats are critical for brain function that impacts on concentration, sleep and mood.

\* For references and registration visit [mindd.org](http://mindd.org)

## Health Education

Find Your Balance - Reduce Stress & Inflammation

## Integrative Treatments

Lectures, case studies and panels on

Nutrient Therapy

Detoxification

Exercise

Neuro Therapies

Therapeutic Diets

Behavioural Therapies

Microbiome/Gut Health

Healthy Home

Natural Therapies

## Food Is Medicine

Lectures, cooking demos and tastings

Pantry Essentials

Fighting Infections

Digestive Health

Boost IQ

Healthy Lunch Boxes

Sprouting, Fermenting

Immune Support

Reduce Inflammation

Sugar-Free Treats

Taming Carb Cravings

Presenting Partners



Major Partner



Endorsing Partners



Supporting Partners



Organisation Partners



Sponsors



Seating is limited and bookings are essential at [www.mindd.org](http://www.mindd.org)



Helen Padarin



Dr Frank Golik



Luke Hines



Charlotte Carr



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