

# Mindd International Forum 2018



Conference & Expo for Patients  
and Health Professionals

11 - 13 May, 2018  
University of NSW, Sydney

**Get the  
Answers**

**ADHD  
Allergies  
Anxiety  
Asthma  
Autism  
Auto-immune  
Bi-polar  
Chronic Fatigue  
Concentration  
Depression**

**Diabetes  
Digestive  
Eczema  
Infections  
Lyme  
Memory  
Mood  
PANDAS  
Pyroluria  
Schizophrenia**

Discover the latest foods, products and treatments for optimal mental and physical health. Meet celebrity chefs and global leaders in Integrative Healthcare.

## Mindd Forum Speakers

Integrative Treatments & Food is Medicine

**Dr Maya Shetreat-Klein**  
Neurologist

**Dr Frank Golik**  
Integrative GP

**Dr Leila Masson**  
Integrative Paediatrician

**Nicole Bijlsma**  
Building Biologist, ND

**Rachel Arthur**  
Naturopath

**Leah Hechtman**  
Naturopath

**Dr Kelly Francis**  
Integrative GP

**Jo & Issac Whitton**  
Quirky Cooking

**And much more...**

**Register Now!**

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

# Healthy Cells. Happy Family!

*Our health happens at a cellular level!*



## It's Time We Rethink Healthcare!

- Almost half of Australians experience mental illness (1)
- 16-24 year old Australians have a mental illness prevalence of 25% (2)
- More than 20% of Australian teens suffer from some mental health condition (3)
- 1% of Australian children have Autism (4)
- 10% of Australian children struggle with ADHD (5)
- Up to 70% of Australian children are low in iodine which lowers IQ (6)
- Allergies affect 1 in 3 Australian children, Asthma 1 in 4 (7)
- Childhood cancer, diabetes, obesity and depression have each more than doubled in two decades (8)
- Four out of five children will experience a middle ear infection at least once (9)

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

Modern diseases are at an all-time high and are affecting our children in large numbers. Maternal transfer is a key factor with children inheriting more than just genes from their mothers including infections, toxins, nutritional deficiencies, microbiome, mitochondrial and immune dysregulation.

In our children, malnutrition, infections and toxins especially impact on developing brains, immune systems and digestive tracts which have a very strong effect on one another. Research indicates that gut microbes directly impact on brain development and immunity.

Learn how to support your body's innate ability to grow, repair and prevent disease with nutritional, natural & neuro therapies that support homeostasis.

## Public Education

Nutritional, Natural & Neuro Therapies that support homeostasis  
Learn how to supporting your body's innate ability to grow, repair and prevent disease.



### Food Is Medicine

Lectures, cooking demos and tastings

### Integrative Treatments

Lectures, workshops & panels

- |                     |                         |
|---------------------|-------------------------|
| Healthy Lunch Boxes | Reducing Inflammation   |
| Digestive Health    | Healthy Desserts        |
| Immune Support      | Sprouting, Fermenting   |
| Fighting Infections | Good Fats               |
| Fasting             | Taming Carb Cravings    |
| Boost IQ            | Switching on Good Genes |
| GAPS, Paleo, GF/CF  | Pantry Essentials       |

- |                       |                           |
|-----------------------|---------------------------|
| Nutrient Therapy      | Brain Repair              |
| Healing Diets         | Nutritional Psychiatry    |
| Balancing Hormones    | Visual Processing         |
| Energy Medicine       | Detoxification            |
| Natural Therapies     | Exercise                  |
| Auditory Processing   | Healthy Home              |
| Behavioural Therapies | Microbiome & Mitochondria |
| Sensory Integration   | Energy Medicine           |

## Practitioner Training

Unbiased, evidence-based education for doctors, naturopaths, nutritionists, chiropractors and allied professionals interested in nutritional biochemistry, natural and neuro therapies.

Certified practitioners receive CPD points and online listing.

Training will feature a masterclass in Terrain Medicine by neurologist Dr Maya Shetreat-Klein and a Maternal Care workshop with Leah Hechtman, ND.

Be among the best-prepared clinicians in treating the underlying causes of complex chronic illness (infections, toxins, nutritional deficiencies).

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



Dr Shetreat-Klein Dr Masson R. Arthur, ND Dr Francis Dr Golik N. Bijlsma

