

Program

Friday – Public Food Is Medicine



**Mindd
International
Forum
2018**

Conference & Expo

Food Is Medicine

11-13 May, Sydney

Time	Speaker	Topic	
9:00-9:30	AM	Dr Ron Ehrlich	The Mouth as the Gateway to Health
9:30-10:15	AM	Helen Padarin, ND	Medical Benefits of Fasting & Ketosis
10:15-10:30	AM	Q&A	Padarin, Ehrlich
10:30-11:00	AM		Tea & Expo
11:00-11:45	AM	Helen Padarin, ND	Pantry Essentials
11:45-12:15	AM		Healing Flavours -Essential Oils, Herbs & Spices
12:15-1:30	PM		Lunch & Expo
1:30-2:15	PM	Jo & Isaac Whitton	Gut Healing Foods
2:15-2:45	PM	Alexx Stuart	Lunch Box Favorites
2:45-3:30	PM	Soulla Chamberlain	Nutrient Rich Meals for the Whole Family
3:30-4:00	PM	Gillian Kozicki	Everyday Ferments - How and Why
4:00-4:30	PM	Kirsty Wirth	Resilience in Healing and the Power of Cultured Food
4:30-5:00	PM	Panel	Health Coaches Q&A (Mindd-FMCA graduates)

Saturday – Public Integrative Solutions



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Time	Speaker	Topic
9:00-9:30	AM Dr Robyn Cosford	Infections, Antibiotics, Chronic Illness
9:30-10:30	AM Dr Maya Shetreat-Klein	Natural Therapies for Brain Health & Q&A
10:30-11:00	AM	Tea & Expo
11:00-11:30	AM Rachel Arthur, ND	Women and Worms
11:30-12:00	AM Warren Maginn, Nutr	Maternal Transfer-It's Not Just Your Genes
12:00-12:30	Dr James Read	Food Sensitivities
12:30-1:15	PM	Lunch & Expo
1:15-1:45	PM Matt Bourke, Chiro	Integrating Natural Therapies & Nutrition
1:45-2:15	PM Kate Broderick, ND	Microbes Burden On Your Liver & Cause Chronic Illness
2:15-2:30	PM Kate Broderick, ND	Hydrotherapy
2:30-3:00	PM Dr Prue King	Safe Removal of Dental Amalgams
3:00-3:15	PM Q&A	Arthur, Broderick, Read, Maginn, Bourke, King
3:15-3:45	PM	Tea & Expo
	<i>Workshop - Part 1</i>	<i>The Immune System & the Microbiome Across the LifeCycle</i>
3:45-4:15	Leah Hechtman, ND	Pre-Conception
4:15-4:45	PM Leah Hechtman, ND	Pregnancy/Labour
4:45-5:15	PM Dawn Whitten	Breastmilk Microbiome & Glycobiome

Sunday – Public Integrative Solutions



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Time	Speaker	Topic
9:00-9:30	AM Trudy Scott, Nutr	Social Anxiety & Across Generations
9:30-10:00	AM P Rasmussen, M. Pharm, Dip Herb Med	Using Herbs to Fight Bacterial Infections
10:00-10:30	AM	Tea & Expo
10:30-11:00	AM Dr Christabelle Yeoh	Sex, Appetite & Immunity
11:00-11:30	AM Dr Leila Masson	An Integrative Approach to ADHD
11:30-11:45	AM Q&A	Scott, Rasmussen, Yeoh, Masson
11:45-1:00	AM	Lunch & Expo
1:00-1:45	PM Panel	Neuro & Behavioural Therapies
1:45-2:15	PM Dr Frank Golik	Autism & the Family Dynamic
2:15-2:45	PM Nicole Bijlsma, ND	Creating a Healthy Home
2:45-3:15	PM	Tea & Expo
	Workshop - Part 2	<i>The Immune System & the Microbiome Across the Life Cycle</i>
3:15-3:45	PM Dr Leila Masson	The Microbiome in Infants
3:45-4:35	PM Dr Elisa Song (pre-record)	Managing Acute Illness In Children
4:35-5:05	PM Jason Hawrelak	Vaginal Ecology
5:05-5:30	PM Q & A	Masson, Song, Hawrelak