

Program

Friday – Public Food Is Medicine



**Mindd
International
Forum
2018**

Conference & Expo

Food Is Medicine

11-13 May, Sydney

Time	Speaker	Topic
8:45-9:00		Opening Ceremony
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	Mindd Advocacy
10:30-11:00	AM	Tea & Expo
11:00-11:45	AM Helen Padarin, ND	Pantry Essentials
11:45-12:15	AM Anthia Koullouros	Healing Flavours - Herbs & Spices
12:15-1:30	PM	Lunch & Expo
1:30-2:15	PM Jo & Isaac Whitton	Healing Foods for Teenagers
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
8:45-9:00	AM	Antoinette Sampson	Meditation/Chanting
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	PM	Dr James Read	Food Sensitivities
12:30-1:30	PM		Lunch & Expo
1:30-2:00	PM	Nicole Bijlsma, ND	Creating a Healthy Home
2:00-2:30	PM	Kate Broderick, ND	Microbes Burden On Your Liver & Cause Chronic Illness
2:30-2:45	PM	Kate Broderick, ND	Hydrotherapy
2:45-3:15	PM	Dr Prue King	Safe Removal of Dental Amalgams
3:15-3:45	PM	Dr Kelly Francis	Anger, Aggression and Violence in Children
3:45-4:15	PM		Tea & Expo
		<i>Workshop-Part 1</i>	<i>The Immune System & the Microbiome Across the LifeCycle</i>
4:15-4:45	PM	Leah Hechtman, ND	Pre-Conception
4:45-5:15	PM	Leah Hechtman, ND	Pregnancy/Labour
5:15-5:45	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
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
11:45-12:45	AM	Lunch & Expo
12:45-1:30	PM Panel	Neuro & Behavioural Therapies
1:30-2:00	PM Dr Frank Golik	Autism & the Family Dynamic
2:00-2:30	PM	Tea & Expo
	Workshop - Part 2	<i>The Immune System & the Microbiome Across the Life Cycle</i>
2:30-3:00	PM Dr Leila Masson	The Microbiome in Infants
3:00-3:50	PM Dr Elisa Song (pre-record)	Managing Acute Illness In Children
3:50-4:20	PM Jason Hawrelak	Vaginal Ecology
4:20-4:45	PM Q & A	Masson, Song, Hawrelak