

ATMS WEBINAR RECORDINGS

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Please note that no separate notes are available with recording links.

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A Child's Mind – ADHD and other mental health issues

Cost: \$35

Presenter: Stephen Eddey

Common childhood neurological disorders are often poorly understood and current treatments often inadequate when treating such conditions. This webinar will give the practitioner/student a deeper understanding of the neurochemistry of the child's mind, while providing solutions to common childhood neurological conditions. For this webinar, we will explore ADHD and how we, as natural practitioners, can tackle this difficult problem.

Aromatherapy – Part 1

Cost: \$35 or \$60 for both Part 1 and Part 2

Presenter: Farida Irani

Aromatherapy is a science which stems from the ancient art of using essential oils and vegetable cold pressed oils. Therapeutic quality essential and vegetable base oils promote wellbeing and equilibrium on a mind, body and emotional level. Ancient civilizations have long used these amazing tools of mother-nature for cleansing, wellness, beauty and immunity however the science of Aromatherapy has only been revived again in the last century.

Practitioners will learn how to educate their clientele in the use of essential and base oils through various methods, making it an enjoyable and beneficial experience for their clients to use at home. Thereby they will enhance their sales and business activities, not just using the oils for massage in their clinics.

Aromatherapy being the main focus of the webinars, Farida will also give flavours of Ayurveda Aromatherapy, a concept she pioneered in the early '90s. Ayurveda Aromatherapy is the combination of two ancient healing sciences, Ayurveda and Aromatherapy, where ancient tactile Ayurveda therapies are implemented based on the principle of Ayurveda with the use of rare and unique Ayurveda Aromatherapy essential and base oils - most of which are not known of in the Western Aromatherapy world. Ayurveda Aromatherapy bridges the gap between these two sciences and by combining the different aspects of both, effectively enhances and revives the ancient aromatic style of Ayurveda, creating a unique and beneficial holistic therapy.

Aromatherapy – Part 2

Cost: \$35 or \$60 for both Part 1 and Part 2

Presenter: Farida Irani

As above.

Ayurvedic Approaches to Rejuvenation and Ageing Well

(There are no visuals available for this recording)

Cost: \$25

Presenter: Shaun Matthews

This webinar will introduce you to Rasayana, the branch of Ayurveda concerned with rejuvenation and ageing well.

You will learn how Ayurveda understands the ageing process and how it can be slowed down through a holistic approach that incorporates diet, kitchen herbs and lifestyle.

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Ayurvedic Medicine – Part 1

Cost: \$35 each or \$60 for both

Presenter: Shaun Matthews

The three Ayurvedic body-types - their relevance in health and disease.

- Introduction to Ayurvedic medicine - an oral tradition dating back over 6,000 years
- Making Ayurveda appropriate for the modern age
- The five element theory of Ayurveda
- The three doshas - Vata, Pitta and Kapha - how they function in the human body and in life in general
- Understanding the three constitutions or body-types
- How to balance the three doshas
- The doshas in health and disease
- The role of agni, the digestive fire, in disease

Ayurvedic Medicine – Part 2

Cost: \$35 each or \$60 for both

Presenter: Shaun Matthews

Treatment approaches using natural therapies to balancing the three Ayurvedic body-types.

- Diagnosing imbalance in the doshas
- Preventive medical approaches in Ayurveda
- Pacifying and purifying treatments in Ayurveda
- Ayurvedic approach to diet - food as medicine
- The use of kitchen and medicinal herbs in Ayurveda
- The principles of Ayurvedic massage, including marma therapy
- Yoga and meditation to promote healing
- Panchakarma - the five deep cleansing therapies in Ayurveda

Better Sleep

Cost: \$35

Presenter: Stephen Eddey

We die without sleep and we die slowly without proper sleep. Discover the latest biochemical, nutritional and herbal supplements that can help us all get a proper night sleep. Also, learn the neurochemistry that keeps us awake and how to best avoid these causes. Who Should Attend? This webinar is for the practitioner/physician/student that seeks to learn about how to better deal with sleep disorders and the complex neuropsychology associated with these disorders, using the latest medical data. Discover the herbs and nutrients which can help us all get a good night sleep.

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Breaking the Habit of being you – why reinventing yourself is imperative in today's market

Cost: \$35

Presenter: Nick Psaila

Have you noticed how running a practice is different today than it used to be? Are you feeling a little out of sync with the way things are? Do you keep doing the same old same old and are lost to come up with new strategies for your practice?

These are usually tell-tale signs that it's time for a change. Unfortunately just thinking about change or trying to do things differently a few times doesn't really result in change. See the body and mind create neural pathways that over time become habit. Every cell responds to the commands that have been given over and over again.

Thought leader Nick Psaila in this ground breaking presentation expands on the work by Dr Joe Dispenza and applies it as a conduit between your personal and business life. He believes that Breaking the Habit of being you is imperative in today's business environment and adaptation is the only way to create success.

In this presentation he will cover:

Uncovering your Invisible hurdles – patterns that form negative and limiting beliefs habits and how they are affecting you without knowing.

Stop Now - The simple technique that stops you procrastinating and gets you more productive than you have ever been before.

Innovation in Marketing – How to use technology to build your six figure practice easily (even if you're a novice to it).

Tribal Connections – Harnessing the power of your clientele to create a solid flow of referral leads to your front door and much more.

The key to Breaking the Habit of being you is doing things differently, moving out of your comfort zone and 'taking the bull by the horns' so to speak.

You will walk away:

- With a clear understanding of how to build your practice in the new market place.
- Confident of being able to apply the tools needed to get you out of feeling stagnant.
- Understanding the strategy to have a constant referral source of clients to fill your practice (no more high's and long lows) and much more.

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Busting Through the Clutter – Advertising for Business Growth

Cost: \$35

Presenter: Alanna Hinds

Today's advertising landscape is confusing, especially for small business. Where to invest your hard earned advertising dollars to get the biggest "bang for your buck" has never been so difficult. With so many options in digital, traditional mainstream and direct advertising, it is difficult to bust through the clutter and noise, to get your message through to potential clients.



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In this webinar we will go through the steps to create a business development strategy and discuss the most cost effective advertising and marketing options (including free options) to optimise your business. If you are too busy working in your business and not on your business, this webinar is for you!

Cancer Cachexia: Pathophysiology, Nutritional, Biochemical and Clinical Considerations

Cost: \$35

Presenter: Manuela Malaguti-Boyle

Cancer Cachexia: Pathophysiology, Nutritional, Biochemical and Clinical Considerations. Cachexia is a paraneoplastic syndrome that negatively impact performance status and mortality rate of cancer patients.

The aim of this presentation is to offer Practitioners clinical pearls and latest research findings on cancer cachexia, a syndrome that shows significant improvement when combined with targeted nutritional and botanical agents. These agents may help to increase appetite and muscle mass by decreasing those inflammatory processes that have been implicated in hyper metabolism and weight loss. Learn how to recognise the three phases of cancer cachexia and how to manage this phenomenon, so often linked to sudden adverse outcome for cancer patients.

Clinical Applications of B Vitamins

Cost: \$35

Presenter: Bradley McEwen

B Vitamins have numerous functional roles in the body. B Vitamins are involved in energy metabolism, nerve function, antioxidation, cell signalling, coordination, detoxification, and in the metabolism of hormones and enzymes. Additionally, they function as chemical messengers and as intermediates in metabolism. The B Vitamins include Thiamine, Riboflavin, Niacin, Pantothenic acid, Pyridoxine, Folate, and Cobalamin. Accordingly, B Vitamins have numerous clinical applications and effective prescribing is essential in clinical practice.

- This comprehensive webinar will enable practitioners to greatly expand their scope of the functions of the B Vitamins and their utility in clinic.
- In this webinar, you will develop skills and confidence in prescribing B Vitamins, both singly and in combination.
- In addition, strategies will be discussed on how to improve clinical outcomes in patients with multiple conditions. Successful case studies will be presented.
- This webinar will benefit new and established practitioners and students.

Clinical Records

Cost: \$25

Presenter: Antoinette Balnave

Every week the ATMS Office receives enquiries from members regarding their responsibilities with keeping client clinical records, who they can disclose the records to, whether they can be taken in a language other than English and how long those records need to be kept securely for. Furthermore, the Health Fund Investigation Units are also now conducting audits to ensure that practitioners are keeping sufficient client clinical records.



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This webinar has been developed under section 39 of the Health Practitioner Regulation National Law Act as in force in each State and Territory (the National Law) and will cover the minimum requirements for clinical records including:

- What are my professional and legal responsibilities?
- What important information must I keep with the client record?
- What clinical records do I need to take?
- Can I write the clinical record after the consultation?
- What happens if I need to make a correction to the clinical record?
- Do I need to include the name and dosage?
- Can I keep my clinical records in another language other than English?
- Can I disclose client clinical records to a third person?
- How long am I required to keep client clinical records for?
- What am I required to do with the clinical records if I close my clinic?

This webinar will be of interest to all members, especially practitioners who want to ensure that they are creating and maintaining clinical records that serve the best interests of clients and that contribute to the safety and continuity of their health care.

Don't miss out on this opportunity to gain a clear understanding of your obligations with client clinical records.

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Clinical Applications of Amino Acids

Cost: \$35

Presenter: Bradley McEwen

Amino acids and proteins are the “building blocks of life” that have numerous structural and functional roles in the body. Amino acids are involved in growth, development and repair. Additionally, they function as chemical messengers and as intermediates in metabolism. Accordingly, amino acids have numerous applications in clinical practice.

This comprehensive webinar will enable practitioners to greatly expand their scope of the functions of amino acids and their utility in clinic. In this webinar, you will develop skills and confidence in prescribing amino acids, both singly and in combination. In addition, strategies will be discussed on how to improve clinical outcomes in patients with multiple conditions. Successful case studies will be presented.

Clinical Applications of Macrominerals

Cost: \$35

Presenter: Bradley McEwen

Minerals have numerous structural and functional roles in the body. Macrominerals are involved in growth, development, repair, cell signalling, and in the synthesise and metabolism of hormones and enzymes. Additionally, they function as chemical messengers and as intermediates in metabolism. The macrominerals include calcium, magnesium, sodium, potassium, phosphorus, and sulphur. Accordingly, macrominerals have numerous clinical applications and effective prescribing is essential in clinical practice.

This comprehensive webinar will enable practitioners to greatly expand their scope of the functions of the macrominerals and their utility in clinic. In this webinar, you will develop skills and confidence in prescribing macrominerals, both singly and in combination. In addition, strategies will be discussed on how to improve clinical outcomes in patients with multiple



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conditions. Successful case studies will be presented. This webinar will benefit new and established practitioners and students.

Clinical Applications of Microminerals

Cost: \$35

Presenter: Bradley McEwen

Minerals have numerous structural and functional roles in the body. Microminerals are involved in growth, development, antioxidation, cell signalling, detoxification, and in the synthesis and metabolism of hormones and enzymes. Additionally, they function as chemical messengers and as intermediates in metabolism. The microminerals include Chromium, Iron, Manganese, Selenium, and Zinc. Accordingly, microminerals have numerous clinical applications and effective prescribing is essential in clinical practice.

- This comprehensive webinar will enable practitioners to greatly expand their scope of the functions of the microminerals and their utility in clinic.
- In this webinar, you will develop skills and confidence in prescribing microminerals, both singly and in combination.
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Clinical Practice Guidelines for Supportive Care in Patients Treated for Breast Cancer

Cost: \$35

Presenter: Manuela Malaguti-Boyle

Worldwide, an estimated 33%–47% of individuals diagnosed with cancer use complementary, alternative, or integrative therapies during cancer treatment. Women with breast cancer are among the highest users of such therapies and usage has been increasing.

Clear clinical practice guidelines are needed to inform patients about the evidence supporting or discouraging the use of specific complementary and integrative therapies for defined outcomes during and beyond breast cancer treatment, including symptom management. Strong evidence exists for the use of personalised botanical and nutritional interventions aimed at the improvement of quality of life and reduction of side-effects induced by chemotherapy and radiation therapy.

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Colorectal Cancer

Cost: \$35

Presenter: Manuela Malaguti-Boyle

Colorectal cancer (CRC) is one of the most frequently occurring forms of solid cancers worldwide in terms of absolute number of new cases per year. It is strongly related to lifestyle factors, representing over half of all gastrointestinal cancer deaths. The epidemic of obesity and physical inactivity has great impact on the pattern of this disease, with altered metabolism being directly implicated in cancer initiation and growth. Substantial progress has been made in colorectal cancer in the past decade, even though patient compliance with screening recommendations remains poor. At the same time, there is greater understanding of the genetic basis of inherited colorectal cancer and identification of patients at risk. More than a fifth of patients with colorectal cancer might have a familial component, and about 3% of all cases will develop Lynch syndrome, which is the most common hereditary syndrome associated with this cancer. Inflammation is a critical component, with colorectal cancer arising from sites of chronic irritation and infection.

Communication and Referral in Clinical Practice

Cost: \$25

Presenter: Stephen Eddey

Communicating to clients in any circumstance is of vital importance for the modern practitioner. We have to effectively evaluate the patient and communicate in layman's terms what we are going to do and when we refer them onto another practitioner. Failure to do either of these effectively could result in at best poor treatment for the patient and at worst complications of their health condition. While you may consider yourself just a massage therapist or just a natural therapist, you are in fact a primary healthcare professional and as such, effective communication is vital.



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This webinar explores the most effective ways of communicating with your clients and explains how and when you should refer to your fellow practitioners.

Convening with Nature

Cost: \$35

Presenter: Teresa Mitchell-Paterson

In industrialised nations the burden of disease could be reduced by modifiable environmental factors. Chronic disease has replaced acute infections and is the major cause of disability and death. WHO state that over the past 200 years there has been an increasing disengagement from nature? Throughout this Webinar Teresa Mitchell-Paterson discusses the problem, suggests solutions and re iterates the need for nature prescriptions.

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Communication Skills in TCM & Acupuncture Practice

Cost: \$35

Presenter: Daniel Zhang

Effective communication in TCM and acupuncture practice is one of the most important skills that TCM and acupuncture practitioners should strive to acquire. It is very much so especially when the practitioners are from a non-English speaking background while the patients are native English speakers. It is about “makes” or “breaks”. Good communication may allow the patients to be psychologically ready for, and confident in, the clinical services delivered by the practitioners. The clinical outcome may be more positive, while communication breakdown between TCM and acupuncture practitioners and their patients may lead to serious problems. The trust and confidence of the patients on the practitioners could break, which may lead to the clinical outcome being undesirably negative.

In this webinar, the presenter will identify the common communication problems in acupuncture and TCM practice. These may be, but not limited to:

- Language barrier;
- Cultural differences;
- Ideological and religious issues;
- Sociological issues;
- Educational background.

Develop skills in:

- English language in the application of clinical practice.
- Building up confidence and trust of the patients in the treatment plan conducted by the practitioners.
- Being knowledgeable about health issues.
- Enhancing the ability of the practitioners to handle difficult situations, e.g. confronting a challenging patient.
- Confidence in the service prices, and commitment in delivering quality services.



Dietary Treatments for Acne

Cost: \$35

Presenter: Stephen Eddey

It is fascinating to note that acne is rare in countries that consume a traditional diet. In contrast to that, nations that consume a Western-style diet suffer 80 to 90% acne rates. There are even some countries where acne is non-existent. This webinar contrasts the difference between these lifestyles and determines what factors drive acne. This is a very biochemical webinar but it really gets to the root cause of acne as well as describing all the best treatments for this condition.

Eating Disorders

Cost: \$35

Presenter: Stephen Eddey

It is devastating to discover a young person suffering from Bulimia or Anorexia. This webinar explores the complex neurochemistry and solutions to these disorders. While counselling and behaviour therapy is often used to treat these disorders, in some cases there may be an organic cause which is not addressed. Fortunately, recent research has shed light on these disorders and effective treatments and supplementations are available to the practitioner. This webinar discusses the best approaches to treating these disorders.

Eat Right for your Ayurvedic Body Type

Cost: \$35

Presenter: Shaun Matthews

This webinar will introduce you to the Ayurvedic system of body typing and how you can make simple changes to your diet and lifestyle to promote better health, immune system functioning and wellbeing.

You will assess your own body type, in terms of the three doshas - Vata, Pitta and Kapha. We will then look at what foods, activities and yoga practices are most suited to your individual constitution. We will also look at how to use kitchen herbs to help optimise your health.

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Fat Loss, NOT Weight Loss: The 'Myths and Mysteries'

Cost: \$35

Presenter: Stephen Eddey

Obesity is a rapid growing epidemic that is sweeping Australia, and killing thousands each year. Innovative approaches need to be found as the current approach is floundering evidenced by recent increases in obesity figures. Obesity contributes to diseases such as Heart Disease, Diabetes, Cancer, Stroke and numerous hormonal disturbances. This webinar will address causative factors such as diet, exercise/lifestyle, hormones, neurochemistry, HPA dysfunction and inflammation, while providing real, practical solutions for the clinician.

Herbal Teas and Remedies to Restore Wellness

Cost: \$35

Presenter: Sandi Rogers

This webinar *Herbal Teas and Remedies to Restore Wellness* will be very popular with many practitioners as it offers useful information for all natural medicine practitioners.



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Following the tradition of natural medicine, Sandi takes each participant on an exciting journey, into the world of herbs, teas, fruit and vegetables. She calls on three decades of clinical experience to show how you can educate your client into making effective home remedies that are safe, cost efficient and effective to treat a broad array of conditions.

Conditions seen in clinic: The complex array of presentations seen by natural medicine practitioners in their clinics are many and varied, yet Sandi will show how systems can be treated, using the wholistic paradigm. Calling on readily available products you will learn how to combine effective products that produce astounding results.

An additional bonus is offered as Sandi shares her model that will guide you into treating the whole person, avoiding the illness and disease trap.

Sandi has a reputation for offering great webinars, jam packed with useful information that is easy to understand. With all her presentations she offers guidance on how to build your business and be able to help your clients, increasing your effectiveness as a clinician.

How to have a healthy & profitable business in the world of natural medicine – Pt 1

(Part 2 is no longer available)

Cost: \$35 each or \$60 for both

Presenter: Sandi Rogers

Part 1 in the series of "How to have a Healthy and Profitable Business in the World of Natural medicine", a three part webinar series by Dr Sandi Rogers. Tonight's subject: Back to Basics - Keep it simple. Tips to succeed in business and statistical questions not asked.

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How to have a healthy & profitable business in the world of natural medicine – Pt 3

(Part 2 is no longer available)

Cost: \$35 each or \$60 for both

Presenter: Sandi Rogers

Part 3 in the series of "How to have a Healthy and Profitable Business in the World of Natural medicine. Tonight's subject: Goldmine information not offered in business school guaranteeing success.

Liver Cancer

Cost: \$35

Presenter: Manuela Malaguti-Boyle

The incidence rates of liver cancer in developing countries are two- to three-fold higher than in Western countries. Epidemiological studies show that the geographic areas at highest risk are located in Eastern Asia, with age-adjusted incidence rates varying from 27.6 to 36.6 per 100,000 in men. Significant variations in liver cancer incidence among different ethnic groups living in the same geographical area and among migrants of the same ethnic groups living in different areas are of great interest. The variability of liver cancer incidence rates between Countries and within Countries, strongly suggests that there are differences in exposure to risk factors. Regardless of variabilities, this cancer has been shown to develop in the context of chronic liver inflammation and cirrhosis. The role of chronic infection with the Hepatitis B and



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hepatitis C viruses (HBV and HCV) in the aetiology of liver cancer accounts for well over 80% of liver cancer cases worldwide. Other documented risk factors are aflatoxin exposure in diets, cigarette smoking and alcohol consumption.

Living in tune with your Ayurvedic body-type

Cost: \$35

Presenter: Shaun Matthews

The webinar will first of all focus on understanding your unique Ayurvedic body-type. You will be introduced to the three doshas - Vata, Pitta and Kapha - and how they play out in our lives. You will be given information and learning exercises to help you assess your own constitutional type. You will then learn how to balance your body-type using food, kitchen herbs, self-care practices and life-style modification. Time will also be spent looking at how to make your practice of yoga postures, breathing exercises and meditation more appropriate for your Ayurvedic body-type. The general orientation of the evening will be how to best manage your health through the seasons.

Marketing With Soul - How to get busy without selling out

Cost: \$35

Presenter: Jeff Shearer

In this practical webinar we will begin to look at creating an effective marketing strategy to ensure you are busier than ever. You will leave with:

- Six key marketing questions and how to answer them.
- Business cards and branding – Why do they matter.
- Websites and web presence – Get your web presence sorted.
- E-news – The do's and don'ts.
- Social media – The inside gossip.

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Metaflammation, Obesity and Climate Change

Cost: \$35

Presenter: David Stelfox

Medical researchers are now realising that chronic low grade inflammation (metaflammation) is a major contributing factor to the chronic degenerative health conditions that effect a high percentage of the world population. Metaflammation also contributes significantly to the process of ageing. Biological researchers and environmental scientists are increasingly concerned about the state of our planet – global warming, climate change, environmental pollution and extinction of animal and plant species. Is there a link?

With spiralling health care costs and building pressure to control carbon emissions governments across the planet are looking for a solution that has a common contributing factor. This presentation explores the relationship between chronic low-grade inflammation in the body, with obesity, chronic disease, ageing, global warming and climate change. What is the link? What can we do about it as natural medicine practitioners?



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Nail Diagnosis

Cost: \$35

Presenter: Brad McEwen

Nails often reflect the general state of health. Patients rarely present to clinic with complaints related to the appearance of their nails. Therefore, it is necessary for the practitioner to inspect nails carefully during physical examination of the patient and to be familiar with common and not-so-common nail findings. Detailed examination of the fingernails can provide indications of nutritional deficiencies and potential underlying systemic diseases.

This comprehensive webinar will enable practitioners to greatly expand their scope of understanding in the use of nail diagnosis in clinical practice. Strategies in improving clinical outcomes will be discussed. This webinar also aims to improve the skills of clinical examination in relation to nutritional deficiencies. This informative webinar will also be beneficial to students to consolidate their learning.

Natural Medicine for the Prevention of Cancer

Cost: \$35

Presenter: Stephen Eddey

Cancer is the second leading cause of death in Australia. Effective treatments for cancer are scarce, yet recent research suggests that natural medicine can play a significant role in prevention of cancers. This webinar will review the latest scientific papers on the natural treatments and prevention strategies for cancer.

Areas covered include:

- How cancer begins.
- How cancers metastasize.
- Natural treatments to help prevent cancer.

The webinar will:

- Gain a deeper understanding into how cancers develop.
- Explore the biochemistry that causes and predisposes us to cancer.
- Discover the latest lifestyle, nutritional and herbal treatments and prevention strategies for cancer.
- Attain potent clinical tools to help prevent cancer.

This is an exciting opportunity to gain a greater understanding of the recent biochemical discoveries that govern cancer and should not be missed. The lecturer will ensure biochemistry will be easily understood by all attendees.

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Nutritional Guidelines to Improve the Management of Cancer

Cost: \$35

Presenter: Manuela Malaguti-Boyle



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Nutritional Support for Autoimmune disease

Cost: \$25

Presenter: Brad McEwen

We are seeing an increasing number of patients presenting in our clinics with autoimmune diseases, such as rheumatoid arthritis, systemic lupus erythematosus, Sjögren's syndrome, inflammatory bowel disease, multiple sclerosis, Grave's disease, Hashimoto's thyroiditis, psoriasis, and scleroderma. These patients generally present with multiple complaints and are taking numerous medications. This comprehensive webinar will enable practitioners to greatly expand their scope of understanding of nutritional medicine in the treatment and management of autoimmune diseases. In this webinar, you will develop skills and confidence in treating patients with autoimmune disease. In addition, strategies will be discussed on how to improve clinical outcomes in patients with multiple conditions. Successful case studies will be presented.

Nutritional Treatments for Type II Diabetes

Cost: \$35

Presenter: Stephen Eddey

It is no secret that syndrome X and Diabetes are in epidemic proportions throughout the Western world. Driven by our poor lifestyles, stress, obesity and low physical activity, insulin resistance has become the norm in society and vascular illness just part of life.

During this webinar, causes will be discussed and real solutions that patients can follow will be covered.

Nutritional Treatments for the Ageing

Cost: \$35

Presenter: Stephen Eddey

Wellness and anti-ageing is the future of sustainable medicine. Preventing disease by coaching people to take charge of their health is far superior to simply treating disease as it manifests. Exciting new insights into anti-ageing medicine will be revealed and a deeper understanding of how to prevent the gradual decline in wellness most of us experience will also be discussed.

Optimising Hormones

Cost: \$25

Presenter: Stephen Eddey

I don't know a woman that at some time of her life has not suffered from hormonal imbalance. The question is why do women suffer so many hormonal problems? Is it a bad design, or are there other forces tugging at a woman's physiology? This webinar covers all the foods, herbs and other treatments that help to align hormones the way nature intended and how to, for example, treat oestrogen dominance which is endemic in Australia.



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Paediatric Nutrition and Health

Cost: \$25

Presenter: Ann Vlass

This webinar will summarise the emotional, psychological, physical and nutritional health needs of a child's life from birth to the adolescent years. Attendees will gain an understanding in how to vary recommendations based on the individual child for better treatment success.

The foundations for healthy life and development will be discussed - healthy living, environmental issues, eating habits, lifestyle choices, emotional stability and efficient gut microbiology - and how they can be achieved through different means matched to various stages of development.

Formulation of realistic nutritional, diet, lifestyle, herbal, food therapy and other remedy approaches that have lasting beneficial effects will be discussed. Finally a brief overview of a vaccination discussion and preparation approach to help questioning patients.

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Pain and Cancer

Cost: \$35

Presenter: Manuela Malaguti-Boyle

Nearly all cancer patients will experience some type of pain at some time. Cancer pain can be managed for most cancer patients, however, they have diverse symptoms so flexibility is important. The aim of this presentation is to present Practitioners with practical interventions for addressing acid pain patterns and alkaline pain patterns.

The focus of the presentation will be on nutritional and botanical interventions aimed at managing and reducing cancer pain, including neuropathies.

People, Profits and Purposes – The power of connectivity. How to build a loyal client base that triples your business

Cost: \$35

Presenter: Nick Psaila

- Have you noticed that the world is getting smaller with every year that goes by?
- How people are connected at the touch of a button?
- How the more connected we get the connecting process is different to what it used to be?
- Are you feeling left out as you struggle to come to terms with the what and how of the Online World?

If this is you I guarantee you are not alone.

Businesses all over the world are coming to terms with the changing terrain of how their prospects and clients interact and connect with their services and or product. The creation of online has also birthed an incredible opportunity never seen before, the ability to connect and grow your business locally and internationally.

What Nick Psaila shares in his presentation People, Profits and Purposes - The power of Connectivity, How to build a loyal client base that triples your business is how to harness the power of the internet to create success.

In this presentation Nick shows:



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- How to set Up your data base and what FREE tools to use to get going (once you get it sorted, everything comes together)
- Triple M of Marketing – Your message, Your Market, Your Method (the client attraction strategy that is simple to use)
- How to stand out from the Crowd and Promote yourself to be the leader in your field (3 step process to have clients lining up to see you)
- The power of Purpose and attracting the right people to your brand (Great way to get on Media) and much more.

This means that you have the ability to expand your practice by attracting clients to you utilising the world largest marketing tool.

So if you are looking at joining the millions of business owners that are benefiting from the Power of Connectivity be sure to join us!

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Practical Considerations for Cancer Patients

Cost: \$35

Presenter: Manuela Malaguti-Boyle

Integrative oncology focuses on the interplay between the tumour and its immediate biochemical environment within the body, often referred to as “the terrain.”

For almost any chronic disease, inflammation has been shown to be at the root. As the body ages, toxic exposures accumulates and genetic damage accrues. Depending on inflammation and the overall condition of a person’s terrain, that deterioration may eventually result in a life-threatening chronic disease, including cancer. By definition, drug or chemotherapy treatment should interfere with the biochemical program that is involved or committed to cellular replication and result in selective cell death. Furthermore, the host cell should be able to adapt and recover from toxicity. However, despite the introduction of new chemotherapeutic drugs, survival statistics have shown little changes, possibly due to the lack of appreciation of the impact of chemotherapeutics on the body natural defence against cancer. Supplementing or supporting the patient with natural compounds may be the answer in not only reducing the side effects, but also improving the effectiveness of chemotherapy. Studies consistently show that a combination of nutrients have a better effect on survival and side effects than each nutrient individually.

The aim of this presentation is to facilitate the Practitioners’ s understanding of the mechanism of cancer and appropriate use of nutrients and botanicals within an integrative model that often calls for a full understanding of drugs interactions.

Prescribing Ayurvedic Herbs (Part 1)

Cost: \$35

Presenter: Shaun Matthews

This webinar will introduce you to the principles of Ayurvedic herbology and how to prescribe herbs mindful of their energetic properties.

You will be introduced to the three Ayurvedic body types and how this knowledge can be used to help you prescribe herbs more wisely for your clients. You will be introduced to the principles



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of the six tastes (rasa), the potency (virya), the post-digestive effect (vipaka) and the specific power of a herb (prabhava) and how to use these to inform your herbal prescribing.

Prescribing Ayurvedic Herbs (Part 2)

Cost: \$35

Presenter: Shaun Matthews

This webinar will take you through the energetics of 10 Ayurvedic herbs, including their tastes, potency, post-digestive effects and how they interact with the three doshas.

Some of the herbs and herbal compounds to be studied include rejuvenatives such as ashwagandha and shatavari, detoxifying herbs such as triphala and turmeric as well as Ayurvedic herbs to support the liver, kidneys and nervous system.

Principles of Integrative Oncology

Cost: \$25

Presenter: Manuela Boyle

The advances in science and technology have eliminated the fear of plague, but today another plague haunts mankind – cancer.

Fifty-five thousand researchers are employed in the pharmaceutical industry. Thirty-two Nobel Laureates have been awarded Nobel Prizes on cancer research. Millions of dollars have been spent, and yet this disease has not been eradicated. Why have we not succeeded? One of the reasons is reductionism. The development of a highly effective treatment regimen is hampered by the reductionist view of researchers who are trying to delineate the ideal molecular pathways to target for cancer treatment. But, does one size fits all? Understanding cancer and other such complex human disorders requires a systems biology approach. Systems biology, which addresses the complexities of host-disease-drug interactions, holds a significant promise in the development and optimization of cancer combination therapies, including personalized therapies. The microenvironment is finally beginning to be a focus of laboratory researchers and we are at the dawn of that era. There is a huge amount happening in the interplay between the tumour and its microenvironment, thus it is crucial that we develop deeply individualized integrative and patient-specific interventions precisely configured to the patient/host and disease/tumour characteristics.

Areas covered include:

- Theoretical models of carcinogens
- Drugs, herbs and nutrients interactions
- Six Phases of Comprehensive Cancer Care

The webinar will help you to:

- Gain a deeper understanding on how cancers develop
- Understand the biochemical pathways that cause and predispose us to cancer
- Obtain the specific clinical tools for a more effective treatment of cancer patients.

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Record Keeping/TCM/Acupuncture Requirements

Cost: \$35

Presenter: Daniel Zhang

Record keeping is of vital importance in the practice of TCM and acupuncture. It is also a requirement of the Chinese Medicine Board of Australia for our registered TCM/Acupuncture members for their annual CPD needs.

In this webinar ATMS Director, Daniel Zhang, will go through the details of clinical record keeping essentials and recent updates.

Self Care: Practitioner Health & Wellbeing

Cost: \$25

Presenter: Stephen Eddey

Practitioners of natural medicine are in the business of taking care of people throughout Australia. They deal with mental and physical illnesses on a daily basis. Every day people tell us their problems and we solve their woes. We ask them to change their lives; we hear their problems and fix their ailments. But who is looking after us?

This webinar focuses on practitioner wellness. There is a lot we can do as practitioners to improve our mental, physical and spiritual well-being. We will explore how to avoid burnout, meditation, relaxation techniques between treatments and of course strengthening our physical and mental well-being.

Six Figure practice secrets – The Do's and the Don'ts and the must haves

Cost: \$35

Presenter: Nick Psaila

So many practitioners are suffering needlessly, having to live a meager existence just because they were never taught how to run a practice. All the skill in the world but not enough clients.

In fact let me ask you

- Do you look at your bank account everyday like it's an enemy trying to terrorize you?
- Is a holiday something you hope for like riding a rainbow, just because you're barely holding on?

If this is you, guess what it doesn't need to be that way!! I know and have worked with many highly successful 6 figure plus practice owners and the most important factors to their success is knowing the do's the don't and the must haves in their practice.

In this presentation I will show you

Mind Mastery – how to control the negative self talk that paralyzes you from moving ahead

Triple M of Marketing – how to get clear about your target audience, where to market to them and what platform to use

Understanding Money – how to use it and leverage it for your practice and most importantly how to make it while you sleep



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Power of Product – How you can share your message and have it work for you, removing the ‘time for money’ syndrome and much more

So don't suffer for another minute and join me on this highly interactive webinar presentation.

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Skin Deep Nutrition for Better Skin

Cost: \$25

Presenter: Stephen Eddey

Some topical treatments of skin disorders are effective in reducing the symptoms of common skin disorders. However, this webinar will focus on the underlying causes of skin disorders, including eczema/dermatitis, psoriasis and acne. We will delve through the skin to elicit effective natural treatments, to heal the skin from within the body, using the latest discoveries in natural medicines.

Areas covered include:

- What really causes skin diseases.
- Learn the best diet to treat skin diseases.
- The latest discoveries for the treatment of eczema, psoriasis and acne.
- Learn how to reverse disease through optimum nutrition.

Spagyric Plant Preparations: A better way?

Cost: \$35

Presenter: Peter Berryman

Peter Berryman examines the potential problems with how plant medicines are currently prepared, as well as showing a solution to this problem with an ancient hermetic and alchemical method of preparation.

Plants are the most commonly used ingested medicines for traditional medicine practitioners across the world. They are relied upon daily for addressing minor injuries through to critical care scenarios. The success of plant medicines is taken for granted, but their potential to fail should also be a concern for all natural medicine practitioners who frequently treat patients with complicated chronic multiple body system problems. Sadly, these difficult patients are becoming increasingly common; hence Peter explains the necessity of plant medicines to be even more successful than they currently are, as their effectiveness could be significantly enhanced.

As Australia does not currently have her own Herbal or Homeopathic Pharmacopoeia, Peter explains how the lack of consistency and standardisation contributes to plant medicines being far less potent than they could be. Peter will then show an alternative method of preparing plant medicines, using an ancient hermetic and alchemical procedure to make a spagyric preparation.

Spagyric plant medicines capture the power of the natural world by selecting wild crafted plants and then extracting, purifying and recombining them to create a medicine much stronger than currently available.

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Stomach & Gastric Cancers

Cost: \$35

Presenter: Manuela Malaguti-Boyle

Gastric cancer, or cancer of the stomach, was once considered a single entity. Now, scientists divide this cancer into two main classes: gastric cardia cancer (cancer of the top inch of the stomach, where it meets the oesophagus) and non-cardia gastric cancer (cancer in all other areas of the stomach). Data released by Cancer Australia (Australian Government) has shown that in 2010 there were 1,999 new cases of stomach cancer accounting for 1.7 per cent of all new cancers. In 2020, an estimated 2,080 Australians are expected to be diagnosed with stomach cancer. H. pylori infection has been shown to increase the risk of non-cardia gastric cancer due to the long-term presence of an inflammatory response, predisposing cells in the stomach lining to become cancerous. Interestingly, a reduced risks of gastric cardia cancer and oesophageal adenocarcinoma in H. pylori-infected individuals has been linked to a decline in stomach acidity that is often seen after decades of H. pylori colonization. This decline would reduce acid reflux into the oesophagus, a major risk factor for adenocarcinomas affecting the upper stomach and oesophagus.

Supporting Patients with Blood Cancer

Cost: \$35

Presenter: Manuela Malaguti-Boyle

Blood cancer is an umbrella term for cancers that affect the blood, bone marrow and lymphatic system. They are cancers of the white blood cells, which begin in the bone marrow. These cancers are different from others, which usually are detected in major organs and ultimately spread to the bone marrow. Their onset is in the bone marrow. In most blood cancers, the normal blood cell development process is interrupted by uncontrolled growth of an abnormal type of blood cell. These abnormal blood cells, or cancerous cells, prevent blood from performing many of its functions. The most common types of blood cancers are: Leukemia, Lymphoma and Myeloma. Leukemia, in particular, is often thought of as a childhood disease, although it is commonly found in adults as well.

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Traditional Chinese Medicine – Clinical records (in Mandarin)

Cost: \$22

Presenter: Daniel Zhang

Case History - Clinical Records

Every week the ATMS Office receives enquiries from members regarding their responsibilities with keeping client clinical records, who they can disclose the records to, whether they can be taken in a language other than English and how long those records to be kept securely for. Furthermore, the Health Fund Investigation Units are also now conducting audits to ensure that practitioners are keeping sufficient client clinical records.

This webinar will be presented in Mandarin and has been developed in accordance with the Chinese Medicine Board of Australia (CMBA) under section 39 of the Health Practitioner Regulation National Law Act as in force in each State and Territory (the National Law) and will cover the minimum requirements for clinical records including:

- What are my professional and legal responsibilities?
- What important information must I keep with the client record?
- What clinical records do I need to take?
- Can I write the clinical record after the consultation?
- What happens if I need to make a correction to the clinical record?



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- Do I need to include the name and dosage?
- Can I keep my clinical records in another language other than English?
- Can I disclose client clinical records to a third person?
- How long am I required to keep client clinical records for?
- What am I required to do with the clinical records if I close my clinic?

This webinar will be of interest to all Mandarin speaking members, especially practitioners who want to ensure that they are creating and maintaining clinical records that serve the best interests of clients and that contribute to the safety and continuity of their health care. This webinar will provide guidance to registered Chinese medicine practitioners or those seeking to become registered in the Chinese medicine profession as to the minimum standards for clinical record-keeping for Chinese medicine practitioners. They apply to all Chinese medicine practitioners and students and any personnel working under supervision in the practice of Chinese medicine. Don't miss out on this opportunity to gain a clear understanding of your obligations with client clinical records.

Treatment for Hypothyroidism

Cost: \$35

Presenter: Stephen Eddey

Everyone seems to have a low thyroid these days. Why? It is an interesting question, with complex answers. For example, your sex hormones could be low, your stress hormone cortisol could be high or you could be simply eating grains in your diet. This webinar exposes all the causes and reviews the latest treatments for getting this vital gland running.

Treating Complex and Sensitive Patients

Cost: \$25

Presenter: Brad McEwen

We are seeing an increased number of patients with a complexity of symptoms presenting in our clinics. Their clinical picture may be driven by chronic fatigue, physical or emotional stress, anxiety or depression, among others. These patients present with multiple, well-defined chronic illnesses and represent the greatest challenge to practitioners.

In this webinar, strategies will be discussed on how to improve outcomes in complex sensitive patients. Successful case studies will be presented. Synergistic nutrients will also be briefly discussed. This comprehensive webinar will enable practitioners to greatly expand their scope of understanding and clinical practice in the treatment of complex sensitive patients.

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The Clinical Edge: Learning from the Masters – Pt 1

Cost: \$35 each or \$60 for Pt 1 and Pt 2

Presenter: Teresa Mitchell-Paterson

You won't find this on Google! Concepts of Priest and Priest and Physiomedicalism. It seems we are caught up in the battle to join the Evidence Based Medicine brigade and have drifted from the roots of Herbalism. The Masters of Herbalism based clinical reasoning on some simple concepts that purposely moved away from naming diseases and utilising one to two proven herbs for treatment. Priest and Priest gathered the knowledge of Thompson, Beach, Cook, Lyle and Thurston and obtained therapeutic objectives that transcend 'disease prescribing'. If you haven't heard of these masters in a long time don't miss this two part Herbal Medicine webinar, it could well revolutionize the success of your herbal prescribing.



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The Clinical Edge: Learning from the Masters – Pt 2

Cost: \$35 each or \$60 for Pt 1 and Pt 2

Presenter: Teresa Mitchell-Paterson

Please see above.

The Health Practitioner – How to Starve Sickness and Build Wellness

Cost: \$35

Presenter: Stephen Eddey

Clients usually come to see us for a complaint. We treat the complaint, they get better and call again if they have any further complaints. At least, this is how some of us practice and it is a common feature of the medical model. Some practitioners and clients work together to improve the total health outcomes of the client and drives their health forward into a wellness paradigm. Less focus is on disease and more focus is on the prevention of disease. This webinar will arm the practitioner with tools to create more 'wellness' clients improving the practitioner's income and the clients health.

The Patient/Practitioner Interaction Skills in TCM Practice

Cost: \$35

Presenter: Daniel Zhang

TCM has been legislated in Australia since 1st of July, 2012 under AHPRA and has become one of the health services along with medical, physiotherapy and chiropractic. However, how many TCM practitioners are confident they are doing as well as the other practitioners under AHPRA?

We firmly believe that TCM and acupuncture are a form of natural therapies that can help our patients effectively. So what is wrong with us? Can we only blame the government that we are not under Medicare cover? It is not really so. Actually it is the communication skills that are largely responsible for this happening. The majority of us are from non-Australian backgrounds. There is a problem as to how to interact effectively with our patients. It's about "makes" or "breaks". Good communication skills may allow our patients to gain confidence with us, while communication breakdowns can lead to serious problems. The trust and confidence of the patients with us could break, which may lead to the clinical outcome being undesirable. In this webinar, the presenter will identify some of the most common communication problems in our clinical practice and discuss some of the approaches to solving these problems.

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The Profit Equation – How to increase your business by over 200% in 90 days

Cost: \$35

Presenter: Nick Psaila

How to remove unseen obstacles and Discover Surprising **HIDDEN** Profit in Your Business. You see, lots of people claim to have an interest in how to **MAKE MONEY** and how **BUSINESS EXPERT** and **SELF MADE MILLIONAIRE** can help their business **GROW**. However, not many people follow through and take accountability for themselves. And, only a precious few individuals understand the necessity of really immersing themselves in **LEARNING WHAT IT TAKES** to get the leading edge.

So, you MUST be a part of this upcoming event. During this incredible event, you will discover:



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- “INVISIBLE HURDLES”: How to Identify and Remove Unseen Blockages to Your Success (Hidden In Plain Sight)
- How to turn your customers “From One-Time-Buyers To Loyal RAVING Fans”: How to Raise Your Referral Rate to over 85%
- How to Implement the Crucial “Recession Proof Strategies” (Which Brings in a FLOOD of New, Quality Leads at the SAME TIME)
- The Power of “The List”: High Leverage Strategies to Turn Average Customers to Loyal, Repeat Buyers (That Works for ANY Industry)
- Busting The “Work-Life Balance” MYTH: Using a Simple Business-Building Formula to Give You YOUR Life...FIRST

and much, much more....

The Rhetoric and Realities of Homeopathy. What about the sacred cows and jackassess?

Cost: \$35

Presenter: Peter Berryman

Homoeopathy comes as a patient for treatment – what would we do? Presenter - Peter Berryman: - qualified in Homoeopathy and Naturopathy, Peter has been in private practice since 1986. He has lectured in Homeopathy since 1990 and for the past 6 years has been a Senior Lecturer in the Bioscience Department of Endeavour College. Peter has been an ATMS Board member since 2007. Special Responsibilities: Head of Homoeopathy and sits on the Academic Review Committee.

Tongue Diagnosis

Cost: \$35

Presenter: Brad McEwen

Tongue diagnosis is a non-invasive, simple and valuable diagnostic tool. Observation of the shape, size, texture, coating, and colour of the tongue is a method for diagnosing the patient’s constitution and health conditions. The appearance of the tongue has been determined to be an outer manifestation of the status of the human body.

In modern Western medicine, the tongue has increasingly been viewed as an extension of the upper gastrointestinal tract that can provide important clues to the current condition of the person and global information about the person’s health status. Signs of the tongue and mouth can correlate with nutritional deficiencies.

This comprehensive webinar will enable practitioners to greatly expand their scope of understanding in the use of tongue diagnosis in clinical practice. Strategies in improving clinical outcomes will be discussed. This webinar also aims to improve the skills of clinical examination in relation to nutritional deficiencies. This informative webinar will also be beneficial to students to consolidate their learning. This is a follow up webinar to the previous webinar on Nail Diagnosis.

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Understanding Melanoma

Cost: \$35

Presenter: Manuela Malaguti-Boyle

Malignant melanoma is noted for its particularly aggressive clinical behaviour, a propensity for lethal metastasis and striking therapeutic resistance. It occurs when melanocytes transform into a highly migratory population that give rise to cells of multiple fates. Recent years have brought an increased interest in nutritional and botanical dose-dependent intervention for the prevention of melanoma. Although randomised human controlled trials are lacking, basic science and epidemiological studies show promising benefits in the treatment and prevention of melanoma. Some critical aspects of current cancer chemotherapy are also presented.

Website and Social Media

Cost: \$35

Presenter: Felicity Zadro

Are your website and social media efforts having the impact you want for your business?
Are you clear about what you can achieve with your digital marketing?
Do you know the difference between your PPC and SEO?
Do you want to ask someone who is in the know?

In this webinar, Felicity Zadro, Managing Director of strategic communications firm Zadro Communications will walk us through the latest thinking in web and digital strategy, share some insights and offer tips for small businesses.

Your Guide to Business Promotion via Owned, Paid and Earned Media Marketing

Cost: \$35

Presenter: Debbie Bradley

Marketing, advertising, digital, social, public relations... the sheer number of options to promote your business seems endless nowadays and it can be difficult to know where best to put your marketing spend. This webinar session will talk through the difference between owned, paid and earned channels (e.g. public relations, advertising and social media) and how to use these in a planned and integrated way.

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