NZAMH AGM & CONFERENCE

REGISTRATION INFORMATION
• Registrations close on the 10th May 2019. Due to the need to confirm numbers for the venue, no registrations will be accepted after this date.
• Sorry no refunds for cancellations received after the 10th May 2019.
• Costs include morning and afternoon teas, lunches and partial payment of dinner on Saturday night.

CONTINUING PROFESSIONAL EDUCATION (CPE)
Attendance at the AGM and Conference provides 10 CPE points per day, a maximum of 25 CPE points for the event.

ACCOMMODATION
Costs do not include accommodation. Visit our website conference link at www.nzamh.org.nz for information on accommodation nearby.

LUCKY DOOR PRIZE
Persons attending the full weekend will go in the draw for the lucky door prize. This is generously provided by several natural health companies. You must be present to win!

ENQUIRIES
Please direct all enquiries to Ange Haldane, Conference Coordinator: conference@nzamh.org.nz

ABOUT THE NZAMH
The New Zealand Association of Medical Herbalists (NZAMH) is the professional body for medical herbalists in New Zealand and is dedicated to representing and serving the interests of herbalists and herbal medicine in New Zealand.

Our members come from a wide range of backgrounds, but all have in common a passion for herbs and its use as a healing tool. Qualified medical herbalists and naturopaths, as well as herbal medicine students make up most of our membership.

www.nzamh.org.nz

SPEAKERS: (left to right)
Dr. Jody Noé, Dr. Robin Youngson, Dawn Whitten, Isla Burgess, Erin Hudson
Karen White, Phil Rasmussen, Dr. Jason Hawrelak, Angela Haldane

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Conference Venue
Town Hall, 95 Kilmore Street, Christchurch Central
DIARY

SATURDAY, 25TH MAY - CONFERENCE DAY 1

8.45 — 9.00
Welcome and announcements Karakia

9.00 — 10.30
Dr. Jody Noé – Herbal approaches to Endocrinology Advanced intensive

10.30 — 11.00
MORNING TEA

11.00 — 12.30
Dr. Jody Noé – Herbal approaches to Endocrinology Advanced intensive

12.30 — 1.30
LUNCH

1.30 — 2.15
Robin Youngson – Hearts in Healthcare

2.15 — 3.00
Dawn Whitten – Herbal Galactagogues: A foot in the door to protecting the breastfeeding relationship.

3.00 — 3.45
Workshop – Isla Burgess or Robin Youngson

3.45 — 4.15
AFTERNOON TEA

4.15 — 5.00
Erin Hudson – Informed consent – are you aware of your responsibilities?

5.00 — 5.45
Karen White – A Contemplative Approach to Plant Medicine

5.45 — 6.30
Members discussion

6.30 — 9.30
DINNER & Entertainment

SUNDAY, 26TH MAY - CONFERENCE DAY 2

8.45 — 9.00
Housekeeping

9.00 — 10.30
Dr. Jody Noé – Herbal approaches for Oncology. Advanced intensive

10.30 — 11.00
MORNING TEA

11.00 — 12.30
Dr. Jody Noé – Herbal approaches for Oncology. Advanced intensive

12.30 — 1.15
LUNCH

1.15 — 2.00
Phil Rasmussen
Kawakawa – an amazing plant from Aotearoa

2.00 — 3.00
Jason Hawrelak – Probiotics + immunity

3.00 — 3.30
AFTERNOON TEA

3.30 — 4.30
Angela Haldane – A clinical perspective on Stealth Infections in a changing world

4.30 — 5.00
Lucky door prize, Prize draw and closing ceremony.

PROGRAMME

1. Dr. Jody E. Noé, MS, ND - Bastyr University USA.

Dr. Jody Noé, Naturopathic Doctor of Integrated Health specialising in oncology and endocrinology. Author of two textbooks, Jody trained at the Bastyr University, USA. She is also an ethnobotanist and is of Cherokee descent.

2. 3 hour session on Herbal approaches for Oncology – Advanced Intensive

3 hour session on Herbal Approaches for Endocrinology – Advanced intensive

We will email out to membership after Christmas regarding orders for those who would like her textbooks so that the books can be shipped from the USA in time.

This is optional, not a prerequisite for the presentation.

Speakers & Topics

Dr. Jody E. Noé

Endocrinology Advanced intensive

Two Advanced Intensives – Oncology and Endocrinology

Prepare yourself for two Advanced Intensives this weekend by Dr Jody Noé, Naturopathic Doctor of Integrated Health specialising in oncology and endocrinology. Author of two textbooks, Dr. Jody trained at the Bastyr University, USA. She is also an ethnobotanist and is of Cherokee descent.

3 hour session on Herbal approaches for Oncology – Advanced Intensive

3 hour session on Herbal Approaches for Endocrinology – Advanced intensive

We will email out to membership after Christmas regarding orders for those who would like her textbooks so that the books can be shipped from the USA in time.

This is optional, not a prerequisite for the presentation.

Dr. Robin Youngson,

Anaesthetic Specialist; MA MB ChB (hons) FANZCA.

"The healing power of compassionate presence"

Modern neuroscience has established that human beings in close personal or therapeutic connection have the power to greatly influence the other’s emotions, body reactions and healing responses. Whatever treatment we are using, we can use the power of compassionate connection to dramatically enhance patient outcomes.

Delegates will learn about the neuroscience of interpersonal connection, the research evidence for how powerfully compassionate care improves outcomes and will gain practical strategies for enhancing the compassionate connection in a busy work environment.

Dawn Whitten,

BNat (Hon), FNHAA, IBELC

Herbal Galactagogues: A foot in the door to protecting the breastfeeding relationship.

A presentation exploring the use of herbal galactagogues within the context of the range of factors that underpin low milk supply. Practical management of low milk supply will be discussed including the differentiation between true and perceived low supply. The immunobiology of breastfeeding will be reviewed and the value of breastfeeding support, both practical and herbal, considered in the light of the infant's immune health and development.

Isla Burgess,

MSC, Dip Tchg, Dip HM, FNZAMH

Growing your Clinical Practice

This workshop will be an exercise in what you, in your part of New Zealand, would need to do to be increasingly self-sufficient in supplying all that you require for your Clinical Practice.

We will all be thinking creatively. You will leave with a very good idea about what you need to do at your place to be more self-sufficient as a practitioner. You should have a list of easily grown plants and have a greater understanding of their 'affinities'. That means a more holistic view.

We will also look briefly at making your own medicines using a percolator (that means they can be made in 2–3 days) and a new idea I have for those that do grow or access their plants locally.

I hope you will join me.

Karen White,

BCS [hons] Dip CST. MNZAMH. MNIMH [UK]

A Contemplative Approach to Plant Medicine

This presentation will explore the increasing challenges facing herbalists today in a world of evidence based medicine and will focus on the contemplative aspect of working with plants, drawing on the works of Goethe and Rudolph Steiner.

Developing a contemplative relationship with plants and nature, cultivates an intuitive understanding, enabling the plant to grow within us and for a soul meeting with the plant to be possible. As herbalists, we know about people and also about plants and can act as the bridge to reconnect people with nature & wellness.

This approach could not only enhance our profession but also strengthen our identity that is vastly different from the conventional paradigm. This knowledge can be validated in various ways and will draw on my personal experience of Goethean science during my studies in Central Otago and the Isle of Arran, Scotland in 2018.

Phil Rasmussen,


Kawakawa – an amazing plant from Aotearoa

Kawakawa was one of the most important healing herbs in Rongoā Māori and was used for a wide range of medicinal applications. As with other traditionally used medicinal plants, interest in Kawakawa is increasing, and based upon its historical and modern day uses, and a recent expansion of knowledge about its phytochemistry and pharmacology, we are gaining a better understanding of its medicinal actions and optimal clinical use.

In this presentation, Phil will summarise the known and potential therapeutic properties of this endemic New Zealand native plant, and present cases in which he has used it in his clinical practice.

Dr. Jason Hawrelak,

ND, BNat(Hons), PhD, FNHAA, MASN, FACN

Probiotics – Their role in Strengthening Immunity and Treating Infections

Probiotics have a long history of use for the treatment of gastrointestinal ills. Over the past two decades, however, their use for other applications has come to the forefront – essentially due to the expanded research base on this class of tools and advances in technology that have allowed much greater insight as to how these agents work in the body. This lecture will discuss the mechanisms by which probiotics can improve immune system function and highlight examples of specific probiotics being used to both prevent, and treat, a range of infectious conditions.

Angela Haldane,

Dip Appl Sc. Naturopathy (Melbourne) NZRN Comprehensive (AUT)

Treating Stealth Infections – A clinical perspective.

Over the past 10 years, Angela has found stealth infections to be an underpinning factor in many cases. She will take your through the unfolding process of treating these infections with herbal medicine, following research developments and pose some questions about the development for the future in treating stealth infections with herbal medicine.

Herbal Case studies will be part of the presentation.