**ADELAIDE**

**Seminar title #1**: Intermittent energy restriction. The 2-5 diet in the maintenance of weight and blood glucose levels

**Speaker**: Sharayah Carter

**Time:** 12th September, 2018 6.30pm

**Place:** Adelaide campus; room ADL\_1.13

**Abstract:**

Research into intermittent fasting is being undertaken by UniSA Associate Professor Jennifer Keogh, Professor Peter Clifton and PhD candidate Sharayah Carter, in conjunction with the Sansom Institute for Health Research, and is showing positive signs of providing the evidence medical specialists and dietitians need to really help people with diabetes lose weight and reduce their blood glucose levels.

The UniSA trial is the first of its kind and is testing the effects of a 2-day intermittent energy restriction (IER) diet with 5-days of habitual eating compared to a daily restricted diet on blood glucose control and weight loss in people with T2DM. It is hoped that IER as an alternative weight loss method will prove very useful for people who find daily dieting difficult to maintain, but until now there hasn’t been any science to guide dieticians or medical specialists in using it as a treatment option for people with diabetes.

**Seminar title #2**: The link between nutrition and genetics

**Speaker:** Natasha Radcliffe

**Time:** 13th September, 2018 6.30pm

**Place:** Adelaide campus; room ADL\_2.9

**Abstract:**

Natasha is doing her PhD and is researching the link between nutrition and genetics and the use of nutrition to treat/ manage medication resistant conditions.

**BRISBANE**

**Seminar title**: Exploring and targeting cerebellar pathologies using genetic and pharmacological approaches

**Speaker**: Dr. Marija Kojic

**Time**: 12th September, 2018, 6.30pm

**Place:** Brisbane campus; room BNE\_1.7

**Abstract:**

Cerebellar ataxias are severe neurodegenerative disorders with an early onset, and a progressive and inexorable course of the disease. Here we report a new paradigm in neurodegenerative ataxias with the identification of a disease-causing single point mutation in the gene encoding Elongator complex subunit 6 (Elp6) in the *wobbly* mouse. This mutation destabilizes the complex, which compromises its function in translational regulation, leading to protein misfolding, proteotoxic stress and eventual neuronal death. In addition, we show that substantial microgliosis concomitant with the degeneration of Purkinje neurons in *wobbly* mice, is triggered by the NLRP3 inflammasome pathway. Through both pharmacological inhibition and genetic approaches, we demonstrate that blocking NLRP3 function *in vivo* significantly delays neuronal degeneration and the onset of ataxia in mutant animals. Our data provide a mechanistic insight into the pathophysiology of cerebellar ataxia caused by an Elongator mutation, substantiating the increasing body of evidence that alterations of this complex are broadly implicated in the onset of a number of diverse neurological disorders. Currently we are investigating the molecular mechanism underlying the pathophysiology of intellectual disability, autism and epilepsy caused by mutations in the Elongator complex.

Medulloblastoma (MB) is another common pathology affecting the cerebellum. It is the most common malignant paediatric brain tumour and a leading cause of cancer-related mortality and morbidity in children. The development and testing of novel targeted therapeutics for MB remains a major preclinical challenge, heavily reliant on *in vivo* mouse models. Using a transposon mutagenesis approach in mice, we identified genes that functionally cooperate with Hedgehog signalling to promote tumorigenesis in a Ptch1 mouse model of MB. Furthermore, we have functionally defined key regulatory networks that illustrate both the differences and commonalities between tumour subgroups indicating a number of potential therapeutic strategies. In our lab, we use a variety of genetically engineered and patient-derived xenografts (PDX) mouse models of MB and we take various genetic and pharmacological approaches to target cancer genes that drive the MB development and progression.

**GOLD COAST**

**Seminar title**: The Vaginal Microbiome in Clinical Practice.

**Speaker**: Moira Bradfield

**Time:** 12th September, 6pm

**Place**: Gold Coast campus; room GC\_G.13

**Abstract:**

Progressing research in the microbiome field has enabled a broader understanding of the vaginal microbiome’s influence on health and disease. Vaginal bacterial composition is influenced by a range of assessable and modifiable parameters that can aid resolution of infection and imbalance within the genitourinary area. Consideration of the vaginal microbiome is also important in the possible prevention of a variety of disorders such as STI acquisition, infertility, preterm birth and miscarriage and pelvic inflammatory disease. With a large percentage of clients accessing holistic clinical care being female the need to understand this important econiche is incredibly important for.

**MELBOURNE**

**Seminar title**: A Review of Forest Therapy Research

**Speaker**: Elias Delphinus

**Time**: 11th September, 2018 6.30pm

**Place**: Melbourne campus; room MEL\_2.11

**Abstract:**

A literature review of 31 relevant articles were appraised for the benefit and efficacy that Forest bathing offers as a viable non-invasive health intervention.

Over the last 20 years emerging evidence from the fields of complementary medicine, allied and environmental health has shown promising results for human health including, cardiovascular, immune and neuro-endocrine benefits, as well as improvement in mental well-being. A systems overview of the results will be presented with recommendations for further research, including Phytoncide properties and applications in complementary and alternative medicine.

**PERTH**

**Seminar title #1**: Sleeping with the Enemy: How to work in harmony with western medicine.

**Speaker:** Dr Jenna Cornell**,** M.D. Board Certiﬁed Holistic Doctor FRACGP, FRNZCGP

**Time:** 12th September, 2018, 9am

**Place:** Perth campus, PER\_1.2

**Abstract:**

Dr Jenna received her medical education in the United States and is a Board Certiﬁed Holistic and Family Doctor. She is also a Fellow of the Royal Australian and New Zealand Colleges of General Practitioners. Dr Jenna has enjoyed a rich life during her 25 years in medicine with a wide range of experiences working in private practice, emergency medicine and indigenous health. She has worked with indigenous people from the bottom of the Grand Canyon to the Islands of Alaska, New Zealand and now Australia. She was blessed to learn traditional healing from the indigenous healers of these tribes and has combined this wisdom with her western medical training. Dr Jenna goes beyond the presenting symptoms and works with her patients to ﬁnd the root cause of disease. Her indigenous wisdom combined with her holistic training allows her to integrate a variety of healing traditions. She works with the person as a whole: body, mind, emotions and spirit and through this empowers people to ﬁnd wholeness through health and wellbeing. She has now realised her dream to practice in an integrated clinic where all healing modalities work together to effect change for the beneﬁt of the patient’s wellbeing.

**Seminar title #2**: The BioScience Approach to Clinical Myotherapy: A Case Study

**Speaker**: Raelene Clark

**Time:** 12th September, 2018, 10am

**Place:** Perth campus, PER\_1.2

**Abstract:**

This presentation highlights the benefits of a BioScience approach in the management of a patient with secondary myofascial pain syndrome.  This case study illustrates how enigmatic symptoms in a patient presenting with myofascial pain can mimic myriad other conditions.  The Myotherapist needs to be able to undertake an unrelenting pursuit of the underlying perpetuating factors for a patient’s pain complaint.  This case study highlights how a BioScience approach eventually elucidated a patient’s underlying condition causing, in part their myofascial pain syndrome.

**SYDNEY**

**Seminar title #1**: The role of Naturopathy for management of women with Polycystic Ovary Syndrome (PCOS): Anatomy of a PhD

**Speaker**: Dr Susan Arentz

**Time**: Thursday 13th September, 2018, 6pm

**Place**: Sydney campus, SYD\_8.1

**Abstract:**

PCOS is the most common reproductive endocrinopathy of women, the most common cause of ovarian infertility and causes significant personal distress. It is associated with serious risks in the short and long term, including increased risks for diabetes, cancer and cardiovascular disease independent to bodyweight. Medical management emphasises a multidisciplinary approach however a clinical gap exists for which naturopathy may provide a pivotal solution. The reproductive endocrine potential of naturopathic herbal medicine and increasingly high use and acceptability of complementary medicines by women throughout the world informed this research strategy and investigation of naturopathy as an effective and safe primary care treatment option for women with PCOS.

**Seminar title #2:** The increasing problem of persistent pain

**Speaker**: Terry Stewart

**Time**: Thursday 13th September, 2018, 7pm

**Place**: Sydney campus, SYD\_8.1

**Abstract:**

Pain is a normal phenomenon that is associated with actual and potential tissue injury; it is our bodies warning system. This definition principally applies to acute pain however, persistent or chronic pain is a very different proposition. Persistent pain has no rational purpose and continues after normal tissue healing time has passed and despite the implementation of medical interventions known to provide pain relief. The underlying causes are often a complex combination of biological, psychological and social factors; pain is no longer a tissue-based problem. 1 in 5 Australians suffer persistent pain and the estimated cost to the health system in in excess of 44 billion dollars per year. The appropriate treatment approach is best grounded in a multidisciplinary biopsychosocial model of pain management to attempt to address the complicated combination of factors that are present in every individual case.