



Perinatal Planning for Future Generations

Strengthening Epigenetic Foundations - Preconception and Beyond

We now understand that inter-generational health of the mother and father, and even the grandparents, are intrinsically linked to that of the baby. Expectant parents are more motivated than ever to give their future baby the best chance they can in a climate of rising chronic disease rates such as obesity, asthma, and neurodevelopmental disorders. Practitioners have key critical windows of opportunity to intervene throughout preconception and the first thousand days from conception. This seminar will build your understanding in the emerging science of epigenetics, methylation and the gut microbiome so that you can successfully incorporate strategies to create a happy healthy generation of babies.

SEPTEMBER - NOVEMBER 2019

The developmental origins of health and disease (DOHaD) model emerged almost 30 years ago, as a way of explaining how stress and poor nutrition during gestation might disadvantage offspring throughout their lifetime. Since then, the discovery of complex epigenetic mechanisms have led to the stunning realisation that we inherit more from our parents than our genes, providing the link between the health and environmental exposures of parents, and generations to come. This seminar will explore the critical windows of development and will redefine how Natural Health Care Practitioners may optimise gene expression, for lifelong health, energy and happiness for the entire family.

Incorporate the Latest Science into Your Clinical Practice

- Understand the emerging science of epigenetics, which goes far beyond DNA methylation, providing the link between the health of past and future generations.
- Review the latest science on key maternal nutritional requirements that are integral for optimal childhood development, including a less known methyl nutrient which may be as important as folate.
- Never again underestimate the importance of paternal health in a child's development.
- Learn what can be done to offset toxins throughout pregnancy and breastfeeding in a world where they are ubiquitous.
- Master parental metabolic and mental health throughout pregnancy, and learn how doing so improves the wellbeing of the whole family.
- Feel confident and equipped with practical, clinical resources for treating patients throughout preconception and pregnancy.

SPEAKERS



**NATHAN
ROSE**

BHSc(Nat)

Nathan is the Clinical Education Manager at Metagenics and plays a central role in the development of seminars and educational programs. Nathan has a passion for following the latest scientific research and synthesising this into clinically meaningful information and tools for Practitioners. His experience and focus on evidence-based practice makes Nathan's presentations highly relevant and informative.



**ERICA
SMITH**

BHSc(Comp Med)

As a Naturopath in the Clinical Education Team, Erica is inspired by the Metagenics vision of Natural Medicine becoming fully integrated into everyday healthcare. Directly involved in Practitioner education and support, she loves to question the science behind Natural Medicines, and to share the exceptional innovation and quality of Metagenics products and clinically proven programs.



**LAURENCE
KATSARAS**

BHSc(Nat)

Laurence is the Clinical Resources Manager at Metagenics. He is a Naturopath and has a special interest in herbal medicines and the use of scientific research to validate traditional herbal remedies. With many years of clinical experience in Australia and overseas, Laurence's presentations are an ideal blend of technical and practical knowledge.



**ANGELA
CARROLL**

*AdvDipHSc(Nat),
AdvDipHSc(Acu),
NFMc, AdvDipBus*

Angela is a qualified Naturopath, Acupuncturist, Natural Fertility Management Counsellor, trained and experienced coach, educator, mentor, writer, podcaster and event and training developer. Angela has over 30 years Natural Medicine industry experience combined with a successful practice for many years and has educated 10,000 Practitioners on evidence-based Natural Medicine, clinical practice and the creation of successful practices. With all this experience, Angela, has a unique understanding of the needs and concerns of clinical practice.



**NICOLA
REID**

*MPH, BAComm,
DipNat, DipHom*

Nicola Reid has been a Naturopathic Practitioner, seminar presenter, lecturer and clinical supervisor in the Natural Medicine industry for the past 20 years. She completed a Master of Public Health in 2005 and is dedicated to a high standard of research and education for healthcare Practitioners. Nicola works within the Metagenics Education team conducting extensive reviews of the scientific literature to create clinically relevant educational materials for Practitioners.



**RENEE
KUCYK**

AdvDipNat

Renee is a Clinical Education Officer at Metagenics, working within a team of Naturopaths to provide clinical and technical advice to Natural Medicine and Integrative Practitioners throughout Australia and New Zealand. A former professional athlete, with 7 years' experience in retail and clinical settings, Renee is well placed to share new research and its clinical applications, believing that through collaboration we have the ability to share knowledge and increase the health of patients and communities alike.

LOCATIONS

QLD

■ Mooloolaba	Wed, 25 Sept	Mantra Mooloolaba Beach
■ Marcoola	Fri, 27 Sept	Surf Air Conference and Events Centre
■ Hervey Bay	Sat, 28 Sept	Oaks Resort and Spa Hervey Bay
■ Toowoomba	Tues, 1 Oct	Picnic Point
■ Brisbane	Sun, 13 Oct	Pullman King George Square
■ Rockhampton	Mon, 14 Oct	Empire Apartment Hotel
■ Mackay	Wed, 16 Oct	Ocean International Hotel
■ Townsville	Thurs, 17 Oct	Mercure Townsville
■ Cairns	Sat, 19 Oct	Hilton Cairns
■ Surfers Paradise	Fri, 25 Oct	Crown Plaza Surfers Paradise

NSW & ACT

■ Albury	Fri, 11 Oct	Best Western Plus Hovell Tree Inn and Zig Zag Motel
■ Batemans Bay	Fri, 11 Oct	Batemans Bay Soldiers Club
■ Canberra	Sat, 12 Oct	Hyatt Hotel Canberra
■ Wollongong	Sun, 13 Oct	Novotel Wollongong Northbeach
■ Cronulla	Mon, 14 Oct	Rydges Cronulla
■ Ballina	Sat, 19 Oct	Ramada Hotel & Suites Ballina
■ Coffs Harbour	Sun, 20 Oct	Opal Cove Resort
■ Port Macquarie	Tues, 22 Oct	Rydges Port Macquarie
■ Kingscliff	Thurs, 24 Oct	Peppers Salt Resort & Spa
■ Leura	Thurs, 24 Oct	Fairmont Resort Blue Mountains
■ Baulkham Hills	Sat, 26 Oct	Rydges Norwest Sydney
■ Manly	Sun, 27 Oct	Manly Golf Club
■ Newcastle	Mon, 28 Oct	Quality Hotel NOAH's on the Beach
■ Forresters Beach	Wed, 30 Oct	Forresters Beach Resort
■ Sydney	Sun, 3 Nov	Sofitel Sydney Wentworth

VIC

■ Albert Park	Sat, 5 Oct	Pullman & Mercure Melbourne Albert Park
■ Glen Waverley	Mon, 7 Oct	Novotel Melbourne Glen Waverley
■ Mornington	Wed, 9 Oct	Best Western plus Brooklands on Mornington
■ Melbourne	Sun, 20 Oct	Sofitel Melbourne on Collins

TAS

■ Hobart	Fri, 25 Oct	Rydges Hobart
■ Launceston	Thurs, 24 Oct	The Sebel Launceston

SA

■ Barossa Valley	Fri, 18 Oct	Novotel Barossa Valley Resort
■ Adelaide	Sat, 19 Oct	Pullman Hotel Adelaide

WA

■ Perth	Sun, 6 Oct	Hyatt Regency
■ Bunbury	Mon, 7 Oct	Mercure Sanctuary Golf Resort Bunbury

NT

■ Darwin	Tues, 1 Oct	Vibe Hotel Darwin Waterfront
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NEW ZEALAND

■ Takapuna	Fri, 18 Oct	The Spencer on Byron Hotel
■ Auckland	Sat, 19 Oct	Novotel Ellerslie
■ Tauranga	Sun, 20 Oct	The Tauranga Club
■ Napier	Tues, 22 Oct	East Pier Hotel
■ Nelson	Wed, 30 Oct	Grand Mercure Nelson Monaco Apartments
■ Dunedin	Fri, 1 Nov	Scenic Hotel Southern Cross
■ Christchurch	Sat, 2 Nov	Novotel Christchurch Cathedral Square
■ Wellington	Sun, 3 Nov	Grand Mercure Wellington

SPEAKERS

■ Erica Smith
■ Nicola Reid
■ Angela Carroll
■ Laurence Katsaras
■ Renee Kucyk
■ Nathan Rose

ALL SEMINAR TIMES:

Registration	2:30 pm to 3:00 pm
Session 1	3:00 pm to 4:30 pm
Break	4:30 pm to 5:00 pm
Session 2	5:00 pm to 6:30 pm
Dinner	6:30 pm to 7:30 pm

There's a seminar near you!

Metagenics is committed to providing the best education to all Practitioners no matter where you are. That's why Metagenics seminars are presented at 44 venues throughout Australia and New Zealand.

No tape recorders or video cameras allowed within any venue. This seminar is recognised for Continuing Education and Development Points/Formal Learning hours with various associations. Please enquire with your individual association for more details.

SEMINAR REGISTRATION



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Your Investment:

☐ **Account holder** (\$55.00 inc. GST)

☐ **Student** (\$35.00 incl. GST)

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REGISTRATION IS ESSENTIAL

Please ensure your registration is received a minimum of five days prior to your seminar. Registration will not be accepted on the date.
Please note that refunds/credits are not available. In cases of non-attendance, a copy of the seminar manual will be forwarded to you on request.

PLEASE POST, EMAIL OR FAX THIS COMPLETED FORM TO:

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ND

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PROF. AMANDA SALIS
BA (Hons), MA, PhD

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"Every seminar I attend by Metagenics enhances my knowledge and brings me important new cutting edge discoveries that in turn, enhance my patient outcomes."

Deborah Leser, Nutritionist, Manly



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