



CELLULAR AND SYSTEMIC BIOENERGETICS: EFFECTIVE SOLUTIONS FOR CLINICAL FATIGUE

FEBRUARY – APRIL 2017

Millions of people present to healthcare practices every year complaining of fatigue. It is ubiquitous, yet it remains challenging to resolve long term. Much of the difficulty in treating this non-specific symptom lies in correctly targeting the origin of the dysfunction. This seminar will evolve our understanding of well-established causes of fatigue, question the concept of adrenal exhaustion, and introduce less familiar drivers such as insidious household mould or biotoxins. Learn how these drivers work through central pathways to effect each other and ultimately, one of our most precious bioenergetic resources – the mitochondria. Leave the seminar armed with a systematic and robust framework to assess, test and treat the causes of fatigue in your patients – making no case too complex to achieve complete and lasting resolution.

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.

More than merely the 'powerhouse' of the cell, when functioning optimally, mitochondria possess anti-inflammatory, cortisone-modulating and even anti-microbial effects exerting a powerful role in regulating systemic drivers of disease that also perpetuate fatigue.

WHY YOU SHOULD ATTEND

Incorporate the Latest Science into Understanding Drivers of Fatigue:

- HPA dysfunction – the evolution of adrenal exhaustion.
- Metabolic dysfunction – how this impacts mitochondrial morphology.
- Low thyroid function – when does it become a treatment priority over other drivers of fatigue?
- Chronic infections – how to test and treat lingering infections including tick-borne illness.
- Environmental and endogenous toxins – the impact of invisible toxins living right under our noses.

Learn How to:

- Implement a three-step model to provide rapid-acting foundational energy support for all fatigue patients.
- Use a hands-on approach to identify the cause of your patient's fatigue.
- Choose between various treatments and prioritise their prescription, to give your patients fast symptom relief and long term resolution.

Seminar Highlights:

- The Metagenics Fatigue Program is an easy-to-follow three-step program designed to provide rapid symptom relief and support patients while treating the underlying driver.
- Exciting new, scientifically researched product formulations from the number one provider of Natural Medicines in Australia and New Zealand.

Your Seminar Attendance Includes:

- A certificate of attendance and a fully referenced, comprehensive seminar manual.
- Detailed treatment protocols.
- Technical product information.
- New Metagenics clinic support tools to assist in providing the best natural healthcare for your patients.
- A healthy and delicious meal* – a great opportunity to chat with the presenter and network with other Practitioners.

*Meal available for seminar attendees only.

SPEAKERS



DANIELLE FAIRBROTHER

BHSc(Nat)

Danielle Fairbrother is the Technical Services Manager at Metagenics. She possesses significant industry experience in clinical and technical support roles and has a strong background in writing technical education materials, and writing and delivering Naturopathic training programs. Danielle is a popular presenter at the annual International Congress on Natural Medicine and her enthusiasm and passion for the Natural Health industry shines through her presentations.



LAURENCE KATSARAS

BHSc(Nat)

Laurence is the Technical Support 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 the Metagenics Programs Manager and has worked in the Natural Health industry for over 22 years. As a qualified Naturopath, Acupuncturist and Natural Fertility Management Counsellor, she has a passion for preventative lifestyle medicine and success-focussed practice systems which has seen her run a successful practice in Brisbane. Angela has been presenting seminars on evidence based Natural Medicine to Practitioners throughout Australia and New Zealand for many years and has a good understanding of the needs and concerns of clinical practice.



ERICA SMITH

BHSc(Comp Med)

Erica works in the Technical Education Team, where she brings over 13 years of experience from Practitioner technical support, research clinic and teaching to her role in seminar development. She is excited by the challenge of translating scientific research into effective clinical strategies. She is also interested by the creative aspects of business development, especially systems for personalised patient-centred care. Erica's down-to-earth and motivational presentation style makes her an engaging presenter for Metagenics' seminars.



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 in the Metagenics Technical Education team conducting extensive reviews of the scientific literature to create clinically relevant educational materials for Practitioners.



ANDREW THURGOOD

BHSc(Nat), BA(Hons), DipHerbMed, DiplIrid, DipMass

Andrew is a Technical Support Officer with Metagenics. He is a Naturopath with many years of clinical, educational and research experience in the Natural Medicines industry, which he brings to bear on assisting clients with their technical enquiries. He is also a popular presenter of Metagenics' seminars.

LOCATIONS

QLD

■ Caloundra	Thurs 23 February	Pelican Waters Golf Resort & Spa
■ Marcoola	Fri 24 February	Surf Air Conference and Events Centre
■ Hervey Bay	Sat 25 February	Oceans Resort and Spa Hervey Bay
■ Rockhampton	Mon 27 February	Travelodge Rockhampton
■ Toowoomba	Tues 28 February	Picnic Point Toowoomba
■ Mackay	Wed 1 March	Ocean International
■ Townsville	Fri 3 March	Mercure Townsville
■ Cairns	Sat 4 March	Hilton Cairns
■ Gold Coast	Fri 10 March	Intercontinental Sanctuary Cove
■ Brisbane	Sun 12 March	Hotel Grand Chancellor Brisbane

NSW & ACT

■ Coffs Harbour	Sun 26 February	Novotel Pacific Bay Resort
■ Port Macquarie	Tues 28 February	Rydges Port Macquarie
■ Kingscliff	Thurs 2 March	Peppers Salt Resort & Spa
■ Leura	Thurs 2 March	Fairmont Resort Blue Mountains
■ Baulkham Hills	Sat 4 March	Novotel Sydney Norwest
■ Manly	Sun 5 March	Manly Golf Club
■ Newcastle	Mon 6 March	Quality Hotel Noahs on the Beach
■ Forrester Beach	Wed 8 March	Forrester Beach Resort
■ Bateman's Bay	Fri 10 March	Coachhouse Marina Resort
■ Ballina	Sat 11 March	Ramada Hotels & Suites
■ Canberra	Sat 11 March	Hyatt Hotel Canberra
■ Wollongong	Sun 12 March	Novotel Northbeach
■ Cronulla	Mon 13 March	Rydges Cronulla Beach
■ Sydney	Sun 19 March	Hilton Hotel Sydney

VIC

■ St Kilda	Sat 4 March	Novotel St Kilda
■ Melbourne	Sun 19 March	Crown Promenade Melbourne
■ Glenn Waverley	Mon 20 March	Novotel Melbourne Glen Waverley
■ Mornington	Wed 22 March	Best Western Plus Brooklands of Mornington

TAS

■ Hobart	Thurs 2 March	Rydges Hobart
■ Launceston	Fri 3 March	The Sebel Launceston

SA

■ Barossa	Fri 17 March	Novotel Barossa Valley Resort
■ Adelaide	Sat 18 March	Crowne Plaza Adelaide

WA

■ Perth	Sun 19 March	Hyatt Regency
■ Bunbury	Mon 20 March	Mercure Sanctuary Golf Resort

NT

■ Darwin	Tues 14 March	Vibe Hotel
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NEW ZEALAND

■ Takapuna	Thurs 30 March	The Spencer on Byron Hotel
■ Mt Wellington	Sat 1 April	Waipuna Hotel and Conference Centre
■ Tauranga	Sun 2 April	The Tauranga Club
■ Napier	Mon 3 April	East Pier Hotel
■ Nelson	Tues 4 April	Grand Mercure Nelson Monaco
■ Dunedin	Thurs 6 April	Hotel St Clair
■ Christchurch	Sat 8 April	Rydges Christchurch
■ Wellington	Sun 9 April	Amora Hotel Wellington

No tape recorders or video cameras allowed within any venue.

ALL SEMINAR TIMES

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

SPEAKERS

- Danielle Fairbrother
- Laurence Katsaras
- Angela Carroll
- Erica Smith
- Nicola Reid
- Andrew Thurgood

THERE'S A SEMINAR VENUE NEAR YOU!

Metagenics is committed to providing the best education to all Practitioners no matter where they are. That's why Metagenics seminars are presented at 43 venues throughout Australia and New Zealand.

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SEMINAR REGISTRATION

Venue attending:	<input type="text"/>	Account No.:	<input type="text"/>
Name/s:	<input type="text"/>		
	<input type="text"/>	No. of attendees:	<input type="text"/>
Clinic Name:	<input type="text"/>		
Address:	<input type="text"/>		
	<input type="text"/>	Postcode:	<input type="text"/>
Email:	<input type="text"/>	Mobile:	<input type="text"/>

Your investment: - Account holders and students: \$55.00 incl. GST
- Non-account holders: \$110.00 incl. GST

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 day. 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.

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1 in 3 Australians favour natural health solutions*



A Natural Healthcare Practitioner can help you improve your general health and wellbeing including stress and energy levels, cardiovascular health, digestion, healthy weight management and so much more. Your Practitioner will prescribe a tailored treatment plan that may involve dietary and lifestyle changes as well as the use of Metagenics quality Natural Medicines.

What could a Natural Healthcare Practitioner help you with? Contact one today!

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Genetic Potential Through Nutrition

*Metagenics Australia 2015 Survey

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The Metagenics Advertising Campaign has been designed to support the Natural Medicine industry by encouraging people to find a Natural Healthcare Practitioner. The advertisements appeared in popular Australian magazines and on digital forums such as nine.com.au and Body and Soul online, driving people to our 'Find a Practitioner' search function on the Metagenics website. This allows consumers to find a Metagenics Practitioner in their local community and promotes your practice and the industry.

Contact your Area Sales Manager to find out how you can be listed on the Metagenics website.

“Cutting edge science presented in a focussed, relevant way to assist me to achieve better clinical outcomes in practice”

- Anthony Collins, Natural Healthcare Practitioner, Brisbane



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from a sustainable forest.

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