

Hunter Valley Health Conference 2008

Speaker Profiles

<p>Tammy Farrell, B.Nursing Nutritionist, Reg Nurse Tel 0437688007 tamfar2003@yahoo.com.au www.corehealthconsulting.com.au</p>	<p>(Conference Organiser & Speaker)</p> <p>Raised in Muswellbrook, Tammy is passionate about “improving the health” of the community in the Hunter Valley. After regularly conducting lectures on health issues to the mining industry, Tammy developed the idea for an annual not-for-profit Hunter Valley Health Conference to increase public understanding of better health practices. Her training advisory company is called Core Health Consulting Pty Ltd. She will commence the day with a short talk to explain complementary alternative medicine (CAM). Her second talk is about ‘Healthy Hearts’ and how to avoid this #1 cause of death.</p>
<p>Frank Cooper, BHSc (Comp Med) Naturopath Tel 0414 555 079 frank@frankcooper.com.au www.frankcooper.com.au</p>	<p>(Conference Organiser & Speaker)</p> <p>Frank lives in the Hunter Valley, and practices as a Naturopath in Rutherford/Maitland. He is the author of the published book <i>Cholesterol & The French Paradox</i> that explains ‘how to avoid’ heart disease. Frank is the proprietor of Monahan Estate Wines in Rothbury which is known for its range of low-sulphite wines for sensitive wine-drinkers. Franks first talk will include ‘Allergies and Sensitivities’ and he identifies the key allergens that you should watch out for. His second talk is about ‘Cholesterol’ and he explains new insights into avoiding heart disease. His final talk called ‘101 Health Tips’ will include practical tips to improve health and longevity.</p>
<p>Teresa Mitchell-Paterson, BHSc Naturopathic Nutritionist www.acnt.com.au</p>	<p>(Conference Organiser & Speaker)</p> <p>Teresa is a Nutritionist, Medical Herbalist, Naturopath and Health Presenter. She is based in Sydney, and is Head of Curriculum at the Australasian College of Natural Therapies (ACNT), one of Australia’s premier training colleges for Naturopath, Nutritionists and Homeopaths. Teresa has appeared at many health and fitness events both nationally and internationally. Her first talk is ‘Weight Loss and Healthy Living’ which is self-descriptive. Her second talk discusses solutions for Irritable Bowel Syndrome (IBS) and the many other stomach/gastro problems that affects much the population.</p>
<p>John S Price, FAICD Tel 0418 207 569 jswprice@bigpond.com</p>	<p>(Conference Chairperson)</p> <p>John is well known for his role as past Chairman and longest serving Director of the Australian Information Industry Association (AIIA) which is one of the larger industry organisations in Australia. John is an accomplished conference chairperson and Fellow of the Australian Institute of Company Directors. He has a strong interest in complementary alternative medicine, as well as innovations in the healthcare field.</p>

<p>John Pirlo, B.Med Sc Master Trainer, johnpirlo@aapt.net.au Head of Genesis Gym Tel 0410 329 488</p>	<p><u>Based in Maitland</u>, John runs the new Genesis Fitness Centre which opened in Maitland earlier this year. He has a strong background in fitness and sports coaching field, and its alignment with the medical world. His talk will cover the positive effects that exercise has on improving appearance, attitude, self esteem, functionality, quality of life and the way it helps in the prevention and treatment of a host of medical conditions and diseases.</p>
<p>Russell Waterman, Exercise Kinesiologist, russdebs@bigpond.net.au Tel 4931 9044</p>	<p><u>Based in Rutherford</u>, Russell heads the new Beach House Health & Fitness Centre located at the Hunter Supacentre. His talk will explain Kinesiology, and how posture is aligned to inner health, and therefore how postural deviations results in negative health problems. Russell has a strong community interest and has worked with schools where postural problem in minors, results in poor learning abilities.</p>
<p>Dr Tom Lonsdale Veterinarian tom@rawmeatybones.com (02) 4574-0537 www.rawmeatybones.com (refer to media section)</p>	<p>Tom is an activist veterinarian and author based in Sydney. His pioneering 2001 book <i>Raw Meaty Bones: Promote Health</i> explores the junk pet-food debacle and suggests solutions of benefit to pets, pet owners and the wider community. His 2005 book <i>Work Wonders: Feed your dog raw meaty bones</i> gives you the practical know how to keep your dog in tip top condition. His presentation is targeted to pet-lovers, and he will provide important tips on ensuring your pet are disease-free.</p>
<p>Jocelyn Fullerton, Naturopath/Herbalist Tel 0410 264202 jocelyn.fullerton@gmail.com</p>	<p>Jocelyn has been an active member of the National Herbalist Association of Australia, and a driving force behind their annual conferences. She is a practicing Naturopath and herbalist in Sydney, as well as a lecturer in complementary medicine at the tertiary level. Her enthusiastic and practical talk will explain the use of 'Herbs and Essential oils' as powerful medicinal remedies in the home.</p>
<p>Dr Ron Erlich Dentist rehlich@bigpond.net.au www.shdc.com.au</p>	<p>Ron is the founder of the Sydney Holistic Dental Centre, and over the last 25 years has worked closely with medical and complimentary health practitioners in assisting their patients to achieve their full oral and general health potential. His key interest has been the links between oral health and general health. Ron and has delivered his 2 day course – " Holistic Dentistry- a practice philosophy" to health professionals in Australia and the UK, pioneering his concept of understanding the diagnostic phase and the hierarchy of treatment in the dental practice. While there are many controversies surrounding the role of biocompatibility, toxicity, oral infections, and the biomechanics of the jaw on general health, Ron's practice philosophy incorporates the concepts of minimal intervention and optimal health in an accessible, ordered and conservative way.</p>
<p>Leah Hechtman, BHSc Naturopath, Herbalist lhechtman@optusnet.com.au Tel 0411 590 701</p>	<p>Leah has qualifications in Naturopathy, Clinical Nutrition, Herbal Medicine and several other modalities. She is a lecturer at University of Western Sydney, researcher, presenter and industry consultant for various organisations within the natural medicine field. She practices in Hornsby, NSW where she specialises in fertility, reproduction and endocrinology as well as mental and emotional health. Her greatest clinical passions are helping couples conceive healthy and happy children and then assisting families to lead their best lives possible. She believes that life is meant to be enjoyed to the fullest and that ill-health is merely a stepping stone to help one reclaim their true state of being. Her first talk will cover 'Pre-conception Care' and her second talk called 'Naturopathic Strategies to a Happy Life' will discuss practical ideas for more energy and well-being.</p>