

The Anxiety Disorders Association of Victoria Presents  
**NOURISHING YOUR NERVES:**  
Managing Stress and Anxiety through Natural Therapies



This full day program will consist of four speakers, all coming from a range of backgrounds in regards to natural therapies. Each speaker will present the benefits of how their specific therapy approach can help those suffering from anxiety and depression.

Presenters:

Angela Smith – Clinical Naturopath

Rocco Di Vincenzo – Accredited Practicing Dietitian (APD)

Robin Marchment – Lecturer in Chinese Medicine at RMIT University

Jennifer Schrader - Yoga Teacher/Yoga Therapist

**Saturday 25th August 2012**

10.00am - 4.00pm

**The Michael Centre Campus**

**37a Wellington Park Drive, Warranwood (Melways Ref: 36 / A10)**

**Cost:**

\$80.00	ADAVIC members
\$80.00	Early Bird Price if paid by the 2 <sup>nd</sup> July 2012
\$100.00	Non-Members

**Bookings:**

Phone: ADAVIC (03) 9853 8089  
Email: [adavic@adavic.org.au](mailto:adavic@adavic.org.au)  
Website: [www.adavic.org.au](http://www.adavic.org.au)

*Proceeds from this event help to maintain ADAVIC services*

**BOOKINGS ESSENTIAL! Monies non-refundable**  
**Note: a \$2 surcharge fee will apply to invoices**



**Angela Smith**  
**Clinical Naturopath**



**Time: 10.30am to 11.30am**

**Natural Medicines Approach to the Treatment of Anxiety Disorders**

There is growing evidence that mental health disorders do not originate in the brain, but instead have their origin in physiological and biochemical disturbances. Support of mental and emotional health requires the support of your physical health.

In her talk, Angela will discuss:

- Neurochemistry of anxiety disorders and how to restore neurotransmitter balance naturally
- Holistic treatments for anxiety
- Nutrients and herbs for better neurobiology
- Investigations about neurotransmitter imbalance
- The mauve factor and pyroluria and neurotransmitter metabolites
- How your physical health may be influencing and driving your anxiety
- Live blood analysis, Bio Impedance Analysis, hormone tests, leaky gut test, stool test and hair tissue mineral test

**Angela Smith** has been practicing Naturopathy for the last 7 years. She is a director and partner of Melbourne Anti-Ageing Clinic, a highly successful and prestigious natural medicine clinic in Albert Park. She is very passionate about fusing bio medical science and diagnostic testing with nature's herbs and nutrients to restore health and wellness to the body. Angela loves to cook using food as medicine, educating clients on how to eat and exercise for wellness yet still maintain the joy and satisfaction that we love about food and living.

Angela Smith is a well renowned Naturopath; you can hear her every 4th Monday of the month by tuning into WWMN's multi-award winning Healthy and Sustainable Lifestyle Show – 'What a Wonderful World' from 4-7pm. Stream live by following this link to [www.3wbc.org.au](http://www.3wbc.org.au). Angela also writes a regular column for Natural Health Magazine, which comes out bimonthly.

**MORNING BREAK**  
**11.30am – 11.45am**

**Rocco Di Vincenzo**  
**Accredited Practicing Dietitian (APD)**



**Time: 11.45am to 12.45pm**

**Putting Together the Pieces of the Jigsaw Puzzle: The Role of Optimum Nutrition in the Treatment of Mood and Anxiety Disorders**

This presentation will explore the association link between optimum nutrition and the following, as well as how these functional disturbances may contribute to mood disorders:

- Gastrointestinal imbalances
- Functional liver issues
- Dysinsulinaemia (insulin which does not work properly)
- Reactive hypoglycaemia (imbalanced blood glucose levels)
- Adrenal insufficiency
- Hormonal imbalances
- Thyroid imbalances

There is no magic bullet. The role of intervention should be to identify and address the drivers of the variety of symptoms that people with mood disorders express and to develop an individually tailored, strategic intervention plan to address the issues that have been identified both clinically and via various testing regimes. No two people with the same diagnosed condition present in exactly the same way. It follows then that each of these individuals should be treated individually and strategically.

**Rocco Di Vincenzo** is a Consultant Dietitian (Accredited Practising Dietitian - APD) and works privately in a variety of clinics around metropolitan Melbourne. Rocco has worked as a Community Senior Dietitian for over a decade and was the Swinburne University Hospital Chief Dietitian between 2001-2003. Rocco has completed a Bachelor of Science (Monash University), a Masters in Human Nutrition and Dietetics (Deakin University), Postgraduate qualifications from the Australian College of Nutritional & Environmental Medicine and a Postgraduate Diploma in Nutritional and Environmental Medicine at Swinburne University's Graduate School of Integrative Medicine (GSIM). He has also recently completed a Post Graduate Diploma in Botanical Medicine and is currently waiting on the Diploma to be awarded.

**12.45pm – 1.30pm**  
**LUNCH (BRING YOUR OWN LUNCH)**  
**FRUIT AND ORGANIC SNACKS WILL BE PROVIDED**

**Robin Marchment**  
**Lecturer in Chinese Medicine at RMIT University**



**Time: 1.30pm to 2.30pm**

**Calming the Mind with Herbs and Acupuncture**

Chinese medicine is a sophisticated science based on over 2000 years of practice and observation, and includes the treatment of emotional and psychiatric / psychological disorders. The approach differs from the modern medical approach in many ways. It is effective because it treats the individual person, not just the disorder, and also because it understands the inter-relationship of the various physiological systems which support health, rather than focusing on one isolated area. Therefore it offers different treatments for different people, depending on their individual constitution and the individual problems which might arise. In relation to anxiety or depression, it can work alone, or in combination with Western medicine protocols, to enhance results, or reduce medications and their side-effects.

Robin will show you how acupuncture affects the brain, and share with you some of her experience in successfully treating a variety of disorders related to anxiety and depression.

**Robin Marchment** is a lecturer in Chinese Medicine at RMIT University and she has been an invited presenter at seminars and conferences in Adelaide, Brisbane, Sydney and Melbourne. She is a registered herbalist and acupuncturist with the Chinese Medicine Registration Board, and is an examiner for the Board. She is the author of "Chinese Medicine TCM Practitioners", "Gynaecology Revisited" (a text on obstetrics and gynaecology for practitioners of Chinese Medicine), and co-authored "Shang Han Lun Explained", which is a translation and discussion of the classic text written by Zhang Zhong Jing in 200 AD.

She runs a private practice in Melbourne treating a broad range of disorders, and is the trusted family physician of many. She is highly experienced in the area of women's health, including fertility problems, and is much sought after practitioner for inductions and attendance at both home and hospital births.

**AFTERNOON BREAK**  
**2.30pm – 2.45pm**

**Jennifer Schrader**  
**Yoga Teacher / Yoga Therapist**



**Time: 2.45pm to 3.45pm**

**Yoga Therapy: How the Mind-Body-Spirit Relationship Influences Wellbeing**

Mind-Body-Spirit is a very intimate and inter-dependent relationship. Yoga therapy can influence anxiety and depression by understanding how these three elements interact with one another and how to bring the relationship into balance.

This session will explain how yoga therapy differs from a general yoga class, explore some holistic practices to better integrate mind-body-spirit and discuss how this integration may alleviate anxiety and depression.

**Jennifer Schrader** has a Diploma of Teaching (Yoga) with Gita International and a Graduate Certificate (Yoga Therapy) with the Australian Institute of Yoga Therapy/CAE, as well as other post-graduate yoga studies. She is the current President of the Australian Association of Yoga Therapists (AAYT).

▶ **PAYMENT/REGISTRATION FORM**

I would like to register for the One-Day Workshop: **'Nourishing Your Nerves: Managing Stress and Anxiety through Natural Therapies'** – to be held on Saturday 25<sup>th</sup> August 2012.

NAME/S: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ POSTCODE \_\_\_\_\_

CONTACT NUMBER (1) \_\_\_\_\_ CONTACT NUMBER (2) \_\_\_\_\_

How did you hear about this event? \_\_\_\_\_

▶ **PAYMENT AMOUNT (please tick):**

- ☐ \$ 100.00 – Standard Price (\$101.95)\*credit card surcharge  
☐ \$ 80.00 – Early Bird Price & ADAVIC Members (\$81.56)\*credit card surcharge  
(NOTE: payments for Early Bird should be made by the 2<sup>nd</sup> July 2012)

**A 25% ADMINISTRATION FEE APPLIES FOR REFUNDS REQUESTED BEFORE Tuesday 14<sup>th</sup> August 2011  
NO REFUNDS OR CREDITS WILL BE ISSUED AFTER THIS DATE.**

**PLEASE FIND ENCLOSED MY:**

☐ Credit Card Details

☐ Cheque / Money Order (Made out to *Anxiety Disorders Association of Victoria*)

**CREDIT CARD DETAILS:**

Name on Card: \_\_\_\_\_

Credit Card Type:                      Visa      MasterCard

Credit Card No:                     

CVV Number    \_\_\_\_ \_\_\_\_ \_\_\_\_    (last three digits on the back of your credit card)

Expiry Date:    \_\_\_\_ / \_\_\_\_

Amount:                      \$100.00 or \$101.95\* and \$80.00 or 81.56\*

\* [NOTE: All credit card payments attract a 1.95% surcharge fee]

Signature:                      .....

**RETURN TO:**



- Please return this Payment Form via email to [adavic@adavic.org.au](mailto:adavic@adavic.org.au)
- Or post to **ADAVIC**, PO Box 625, Kew, VIC 3101.

**OFFICE USE ONLY:**

*Web Form*

Processed by: ..... Date: .....