

# Allergies, Asthma, ADHD, Fatigue, Infections?

Did you know that good nutrition when coupled with good digestion improves concentration, behaviour and energy levels for improved learning? Have you noticed that the number of children in our schools with asthma, allergies, ADHD and learning delays have exploded? Learn how these conditions are medically linked and how they can be treated through Biomedicine and the right nutrition. It may be all that your child needs for optimal mental & physical performance.



## Integrative Solutions

Seminar hosted by Cranbrook School,  
Tuesday March 24, 2009.

In association with Moriah College  
PreSchool, Reddam House and  
Montessori East.

Medical research indicates that seemingly disparate conditions such as asthma, allergies, ADHD, dyslexia, dyspraxia, learning & language delay as well as digestive & behavioural disorders including aggression, depression/anxiety are in fact medically linked.

Find out how an integrative approach of selected treatments including Biomedicine, diet, lifestyle and neuro therapies effectively treats these conditions and helps children maximise their full mental & physical potential.

Importantly, this integrative approach is paramount to disease prevention. Treating underlying causes reduces the risk of long-term disease and often eliminates the need for treating symptoms with puffers, antihistamines, grommets, creams, antibiotics, psycho-stimulants and surgery.

Integrative care can help treat a wide range of symptoms that include;

**ADHD**  
**allergies**  
**Asthma**  
**Autism**  
**anxiety**  
**bedwetting**  
**behavioural issues**  
**chronic infections**  
**depression**  
**digestive disorder**  
**dyslexia**  
**dyspraxia**  
**eczema**  
**food sensitivities**  
**memory recall**  
**motor coordination**  
**reflux**  
**sleeplessness**  
**stinky breath**

Local products and services that support Integrative health will be on display.

## Did you know?

- ADHD, allergies, autism, asthma often share an underlying chemistry characterized by nutrient deficiencies, infections, and toxicity.\*
- A healthy diet is not adequate if the gastro intestinal tract is not properly absorbing nutrients.
- We are what not so much what we eat, but what we absorb – is your child getting and digesting the right nutrients for their individual needs?
- 70% of the neurotransmitters in your brain are also in your gut.
- The presence of unfriendly micro-organisms in the digestive tract can be a major contributing factor to the development of food allergies.
- Antibiotics, “the pill”, refined carbohydrates, lack of breast-feeding, heavy metals and chemicals all disrupt the microbe balance of the GI tract which can lead to gut & immune disorders and nutritional deficiencies.
- Allergies and nutritional deficiencies are often misdiagnosed as ADHD or behavioural disorders.

## Event Details

Time: 6.30pm - 9.00pm  
Date: Tuesday March 24, 2009  
Place: Cranbrook School, Bellevue Hill  
Cost: \$20 per person or \$30 per couple

Tax-deductable donation

Go to [www.mindd.org](http://www.mindd.org) or call 9337 3600 to register

Metabolic  
Immuno  
Neurological  
Digestive  
Disorders

\* Dr. Kenneth Bock, *Healing The New Childhood Epidemics*

Key Note Speaker

# Biomedicine

Dr. Antony Underwood

The behaviour of children is often affected by their physical health. Allergies, intolerances and infections can dramatically impact concentration, mood, sleep, energy levels and overall health. Biomedicine focuses on treating the core underlying causes based on thorough assessment and testing. Once underlying causes have been identified, individualised treatment usually involves various measures to naturally correct biochemical imbalances, infections and digestive health. Learning then becomes easier and more fun! Dr. Underwood will outline the Biomedical approach and then present cases to help demonstrate associated symptoms and effective treatments.

Dr. Antony Underwood practices Paediatric Medicine at Pymble Grove Health Centre in Gordon where he specialises in neuro-biological conditions such as ADHD, Allergies, Autism and much more. He is regularly featured in the Media for his effective work in Biomedicine and has helped pioneer Biomedical intervention in Australia.

Save the Date

## Sydney - Mindd International Forum On Children 15-18 May '09

### Biomedicine, Nutrition, Allied Treatments, Neuro-Therapies

Integrative Solutions for ADHD, Asthma, Allergies, Autism, Infections, digestive disorder, learning delay and more

Find out how Integrative healthcare that includes biomedicine (diet, detoxification, digestive health and nutritional medicine) allied therapies and neuro-development can optimise a child's mental and physical health. Best outcomes lie in a professional team well-trained in assessing and treating the individual, and in parents or carers able to manage treatments and compliance.

- Science Stream; Professional training in Biomedical intervention with Defeat Autism Now! The latest in biomedical and integrative research, assessment, testing and treatment. DAN! and RACGP accreditation.
- Expo promoting Mindd endorsed products and services for diet, nutritional medicine, lifestyle, healthy home, education, neuro and behavioural therapies.
- Carer Stream; Education for parents, educators and carers in how to optimise mental and physical development with proper selection and sequencing of biomedicine, allied therapies and behavioural and neuro-therapies; how to create a safe home and environment; how to prepare delicious foods that nourish your child; understanding therapies (auditory, visual, sensory integrations, retained primitive reflexes, allergy elimination)

#### Keynote Speakers

**Dr. Elizabeth Mumper (USA),**  
*Education Director, Defeat Autism Now!,  
Medical Director, Rimland Center*

**Julie Matthews (USA),**  
*author, Nourishing Hope*

## Registration Form

**Time:** 6.30pm - 9.00pm  
**Date:** Tuesday March 24, 2009  
**Place:** Cranbrook School,  
Carter Hall,  
5 Victoria Road  
Bellevue Hill  
**Cost:** \$20 per person or \$30 per couple  
Tax-deductable donation

To reserve a place please pay via credit card at [www.mindd.org/Events/Australia](http://www.mindd.org/Events/Australia) or mail this form with cheque payable to:

Mindd Foundation Pty Ltd  
PO Box 51, Vaucluse NSW 2030

## Integrative Solutions Seminar at Cranbrook

First name \_\_\_\_\_ Last name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

Please tick your area of expertise:

- Parent/guardian       Paediatrician       Educator  
 Practitioner (please specify)       Other (Please specify)

Do you have specific questions? \_\_\_\_\_

Where did you hear about our events?

- E-flyer       Print Ad       Practitioner       Radio       Friend  
 Print flyer (Where did you find it?)       Other (Please specify)