

# Allergies, ADHD, Autism, Learning Delay, or chronic illness?

These are all symptoms of underlying Mindd issues. Find out how Integrative Healthcare that includes biomedicine, allied therapies and neuro-development treats the whole person and helps a child reach their full potential.

Allergies and nutritional deficiencies are often misdiagnosed as ADHD or behavioural disorders. Chronic infections often reoccur until germs are accurately identified and treated. The metabolic-immunologic-neurologic-digestive systems are all closely linked and require an integrative approach to achieve optimal mental and physical health. Treating underlying causes reduces the need for treating symptoms with antibiotics, psychostimulants, histamines, puffers, cortisone cream and surgery.

More importantly, an integrative approach can help prevent disease.



## Integrative Solutions

Seminars 2008

Would you ask a child with a broken leg to run faster? Asking a child with ADHD or learning delay to sit still or study harder is equivalent if there is an underlying medical condition.

Nutritional deficiencies, infections and toxicity of heavy metals and chemicals are behind the alarming rise in childhood disorders.\*

Integrating biomedicine (digestive health, diet, nutritional medicine, and detoxing) along with other therapies can greatly improve outcomes. The key is an individualised approach by a trained practitioner.

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

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**

## Did you know?

- 1 in 165 US, 1 in 150 UK and 1 in 120 Australian children are diagnosed with Autism?\*
- ADHD, allergies, autism, asthma often share an underlying chemistry characterized by nutrient deficiencies, infections, and toxicity.\*\*
- 70% of the neurotransmitters in your brain are also in your gut
- A healthy diet is not adequate if the gastro intestinal tract is not properly absorbing nutrients.
- 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.
- Seemingly healthy foods like milk, bread, soy, egg and corn can adversely affect concentration, behaviour and immunity in a person struggling with digestive disorder, intolerances or allergies.
- Nutritional deficiencies can cause ADHD, allergies, eczema, asthma, speech issues, sleeplessness, hyperactivity, chronic fatigue, poor concentration, chronic illness and more.

\* US CDC, UK Dept Health

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

## Event Details

Time: 10:30am-3pm

Date: Saturday May 31, 2008

Place: Erina Fair, Erina, Gosford

Cost: \$45/person

Go to page 2 for more information and a printable registration form or [Click here](#) to register now!

Metabolic  
Immuno  
Neurological  
Digestive  
Disorders

# Keynote Speakers



## Biomedical Intervention

**Dr Nicole Avard (MB BS)** will present on biomedical intervention in the treatment of Autism Spectrum Disorder, ADHD, learning delay and behavioural issues.

Since attending her first MINDD conference in 2006, Dr. Avard has been especially interested in allergies, intolerances and nutritional deficiencies whose symptoms can be misdiagnosed as attention or behavioural disorders. *Dr. Avard has also trained with Pfeiffer Outreach and is currently practicing at Invitation to Health, an integrative family practice in Wyoming.*

## Detoxification

**Michael Sichel (DO ND PhD Olympian)** will lecture on removal of toxins (heavy metals, chemicals and germs) as a way to address the underlying cause of many disorders

Emerging evidence\* implicates toxicity and resulting mitochondrial (cellular metabolism) dysfunction as contributing factors in Autism. For the past 20 years, Dr. Sichel has focused on detoxification in the treatment of various childhood disorders by using diet, nutritional medicine and a range of natural detox tools. *Dr. Sichel has worked as a naturopath for over 36 years and has authored numerous articles and books including Good News for the Alphabet Kids. He currently practices at the Fountaindale clinic in Chittaway Bay, NSW.*

\*Hannah Poling, Thimerisol US Court of Federal Claims, Dec 2007

## Homeopathy

**Fran Sheffield (MHIthSc. Ed., Hom., RN, CM.)** will present the theory and application of homeopathy with specific references to how it helps children recover from Autism, ADHD, learning delay, behaviour, chronic illness and related auto-immune issues.

Homeopathy is a safe, natural and effective 200 year-old system of medicine that stimulates self-healing to improve physical, mental and emotional health. Homeopathy can eliminate symptoms such as picky eating, bedwetting, anxiety, infections, rashes, mood swings, communication and much more. *Fran Sheffield has over 30 years of experience in health care as a nurse and homeopath and currently practices on the Central Coast.*

## What Diet is the Right Diet?

**Karen Wheelright** will cover a range of diet options and how to identify the right one for the individual.

Individuals with Coeliac, Asthma, allergies, ADHD, eczema & digestive disorders can reduce or even eliminate symptoms by adopting a diet that addresses individual sensitivities to a range of food chemicals, both artificial and naturally-occurring. Feingold, Gluten-Free/Casein-Free, Specific Carbohydrate, Gut And Psychology Syndrome and low phenol/oxalate/salicylate diets can all be very effective in the right individual. *Karen Wheelright is a nurse and Biomedical Consultant who reversed her son's Autism diagnosis by implementing the "right diet" in conjunction with biomedicine.*

## Upcoming Mindd Events Sydney 2008

### Choosing The Right Diet

Karen Wheelwright  
10 June

### Healing Foods

Sandra Ramacher  
10 September

### Biomedical Intervention

Dr. Robyn Cosford  
11 November

Visit [www.mindd.org](http://www.mindd.org) or call  
**02 9337 3600**  
for more information.

### Allergy Elimination

Matthew Bourke  
13 August

### Social Skills

Anca Ramsden  
15 October

### Learning Strategies

Jim Hoosan  
10 December

Mindd Foundation is a non-profit Health Promotion Trust.

## Save the Date - Mindd International Forum On Children 16-19 May 2009 Sydney

World leaders in Integrative Health Care will educate parents and train professionals on effective treatments for Autism, ADHD, allergies, asthma & learning delay. A public expo will present dozens of products and services to help develop a healthy and happy child. Physicians training by Defeat Autism Now! will follow on Monday and Tuesday.

## Registration Form

**Time:** 10:30am - 3pm  
**Date:** Saturday, May 31, 2008  
**Place:** Erina Fair, Erina, Gosford  
**Cost:** \$45/person

Advanced bookings essential. Please make all payments by cheque, bankdraft or money order to Mindd Foundation.

To reserve a place, please register at [www.mindd.org](http://www.mindd.org) or send this form with payment to:

**Mindd Foundation Pty Ltd**  
**PO Box 151, Vacluse NSW 2030**

Visit [www.mindd.org](http://www.mindd.org) for cancellation terms & conditions.

## Integrative Solutions

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

Please tick your area of expertise:

- Parent/guardian       Paediatrician       Speech/language  
 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)