



2023 AIMA CONFERENCE



Building resilience: empowering ourselves in challenging times

8-9 DECEMBER 2023 | Auckland University of Technology | New Zealand

2023 AIMA CONFERENCE PROGRAM - FRIDAY 8th DECEMBER 2023

TIME	SPEAKER	TITLE
8.30-9.00am - 30min	Registration and arrival tea, coffee and water	
9.00-9.15am - 15min	Dr Tim Ewer (MC) and Dr Cris Beer (AIMA President)	Welcome and housekeeping
9.15-10.00am - 45min	James Maskell (via Zoom)	The Community Cure: Transforming Health Outcomes
10.00-10.15am - 15min	Questions	
10.15-10.45am - 30min	MORNING TEA	
10.45-11.00am - 15min	Icebreaker activity	
11.00-11.30am - 30min	Dr Tabitha Healey	Holding the SPACE for Wellbeing: Understand the impact of caring and the data driven framework to mitigate stress and maximise wellbeing
11.30-12.00pm - 30min	Dr Sandeep Gupta	EMF and stealth infections
12.00-12.30pm - 30min	Dr Dayan Goodenowe (via Zoom) <i>sponsored by Nutriscript</i>	Breaking Autism
12.30-1.00pm - 30min	Questions with speakers	
1.00-2.00pm - 60min	LUNCH	
2.00-2.30pm - 30min	Sharon Erdrich	Fibromyalgia is a Multi-Morbidity Disorder. Can We Join the Dots? Insights from The FIDGIT Study
2.30-3.00pm - 30min	Dr Edward Walker <i>sponsored by Calocurb</i>	Developing a nutraceutical for weight management, learning lessons from evolution, history, and drug discovery
3.00-3.30pm - 30 min	Dr Leila Masson	An integrative approach to the most common childhood issues
3.30-4.00pm - 30min	AFTERNOON TEA	
4.00-4.30pm - 30min	Natasha Tassel-Matamua	Indigenous Spirituality. Well-being wisdom for our contemporary times
4.30-5.00pm - 30min	Dr Denise Furness <i>sponsored by FxMed</i>	Building Resilience in a Modern World
5.00-5.30pm - 30min	Questions with speakers	
5.30-7.00pm - 90min	COCKTAILS & NIBBLES Practical collegiality in the foyer Live music by Nigel Gavin and Sonia Wilson	



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SATURDAY 9TH DECEMBER 2023

TIME	SPEAKER	TITLE
8.30-9.00am - 30min	Arrival tea, coffee, and water	
9.00-9.15am - 15min	New research update Amy Sartorel	The efficacy and safety of Vitex agnus-castus (VAC) for premenstrual syndrome (PMS): A critical literature review
9.15-9.30am - 15min	New research update Dr Joy Hussain	Introducing the sauna prescription - is it ready for prime time?
9.30-10.00am - 15min	Dr Geraldine Poynter	Out of the Funk with Focused Acceptance and Commitment Therapy (FACT)
10.00-10.30am - 30min	Phil Rasmussen	Phytomedicines for Post-Covid recovery
10.30-11.00am - 30min	MORNING TEA	
11.00-11.30am - 30min	Sylvia North	Dietetic perspective on hyperinsulinemia and insulin resistance – from identification to management strategies
11.30-12.00pm - 30min	Dr Leila Masson	Updates and key options for ADHD
12.00-12.30pm - 30min	Prof Margreet Vissers	Vitamin C: Newly discovered functions and potential for impact in cancer, immunity, and mood
12.30-1.00pm - 30min	Questions with speakers	
1.00-2.00pm - 60min	LUNCH	
2.00-3.30pm - 90min	WORKSHOP Dr Sandeep Gupta	Building resilience against environmental toxins
3.30-4.00pm - 30min	AFTERNOON TEA	
4.00-5.30 - 90min	WORKSHOP Dr Cliff Harvey	Coaching in Practice - Building a Strong Foundation
5.30-6.00pm - 30min	CONFERENCE WRAP UP & PRE-SHOW DRINK	
6.00-6.45pm - 45 mins	<p>"That's AIMA-Ore" - A party for peace, love and harmony to celebrate AIMA and 2023</p> <p>Sit back, relax and enjoy a wonderful short musical concert with Sonia Wilson (Franco- American singer, songwriter and musician), Nigel Gavin (probably New Zealand's most accomplished acoustic guitarist) and Dr Robin Kelly (medical doctor, medical acupuncturist, researcher, multi-award-winning author, TEDx presenter and musician). The perfect way to wind down for the day.</p>	