Dr Robyn Cosford  
MBBS(Hons), FACNEM

Dr Robyn Cosford is an integrative medical practitioner, Fellow of ACNEM, and researcher with the University of Newcastle School of Biological Sciences. She convened the first international MIND of a Child Conference in August 1998, has lectured internationally at world autism conferences, and is on the Defeat Autism Now think-tank, USA. She has personal experience with recovery from Chronic Fatigue Syndrome and acute chloroform toxicity. As a mother of 5 children, she is passionate about children and their health and wellbeing in this modern world.

**Topic:** Autism

**Description:** Recurrent infections and antibiotic and paracetamol use is common in the history of children with autism, as are symptoms of gastrointestinal dysfunction. Using a study of colonic bacterial patterns in children with autism, the effects of dysbiosis and relation to the immune dysfunction in autism will be discussed.

Dr Frank R Golik  
MBBS(Hons Qld), FRACGP

Dr Frank Golik graduated from Uni of Qld with 2nd class Hons in 1975; 2 years Junior RMO at Royal Brisbane Hospital; 1 year as Senior RMO at Atherton Hospital, Nth Qld. He commenced in Solo Private Family Practice in 1979 in Clayfield, Brisbane. He later formed a clinic with a female GP some 10 years ago. Dr Golik gained his FRACGP in 1982, and is a Member of ACNEM. His special areas of interest are: Autism, ASD, ADHD; Musculoskeletal medicine; Dietary and lifestyle therapy; Thyroid conditions; Chelation therapy; and the Metabolic Syndrome. He is married with two daughters.

**Topic:** Testing and Diagnosis in Autism / Diet and Nutrition in Autism

**Description:** Look at the epidemic of A.S.D./ Autism and consider potential reasons for the epidemic. Examine the theory of compounding generational shifts in gut flora and the consequences; plus the impact of the changes in food production/ quality. Grasp some understanding of the interface between genetics, epigenetics and environmental factors. Diagnosis & D.D. of Autism. Understanding the reasons for specific testing in Autism and show an overview of therapeutic options for Autism. Grasp the paramount importance of the correct dietary concepts and quality of food in changing the gut terrain/flora, the gut wall, the GALT and the brain in ASD. Examine the rationale behind the various diets for ASD children and their families. Look at the role of various nutrients and their therapeutic impact in Autism & ASD. Consider some of the pitfalls and obstacles faced during the dramatic change in diet for these children & families.
Prof Ralph Martins
BSc (Honours), Clinical Nutritionist

Professor Martin’s career in Alzheimer’s disease has spanned 23 years and resulted in over 200 publications in mid to high impact journals. He established the McCusker Foundation for Alzheimer’s Disease Research. In 2004, Prof Martins was appointed to the inaugural Chair in Ageing & Alzheimer’s at Edith Cowan University. He is a Senior Editor, for the Journal of Alzheimer’s Disease and Editorial Board Member for CNS & Neurological Disease. He brought together researchers from WA universities, hospitals and aged care providers to establish the Centre of Excellence for Alzheimer’s Disease Research of which he is director. With Colin Masters and David Ames he was successful in obtaining a CSIRO Flagship grant to identify early diagnostic markers of AD. He is a board member of 3 research foundations and several committees for national research organizations. He founded the WA biotech company Alzhyme to develop anti-amyloid drugs for AD. This has allowed Alzhyme to take a lead compound from concept to successful animal trials in 4 years. In 2009 Prof Martins was awarded the Western Australian, Australian of the Year for 2010.

Topic: Alzheimer’s Disease: from Molecular Pathology to Strategies for Prevention & Effective Treatments

Description: WA Centre of Excellence for Alzheimer’s Disease Research and Care, Sir James McCusker Alzheimer Research Unit, Edith Cowan University. Alzheimer’s disease (AD) is the most common form of age-related dementia which is characterised by progressive neurodegeneration leading to dementia. The key neuropathological features of AD are intracellular amyloid deposits (neurofibrillary tangles) and extracellular amyloid deposits (senile plaques). The major protein component of the senile plaques is a small peptide termed beta amyloid. There is now considerable evidence to demonstrate that elevations of beta amyloid in the brain will lead to AD. The neurotoxicity associated with elevated beta amyloid levels is exerted through its ability to promote oxidative stress which is a major feature of this devastating disease. In families where AD is inherited in an autosomal dominant manner mutations in known genes account for over half these families where the disease is inherited early ranging from the mid-20s to the early 60s. These known genes are the amyloid precursor protein, presenilin 1 and presenilin 2. Mutations in these genes result in the overproduction of beta amyloid. Other genes found in the majority of the more common late onset form of AD by significantly increasing disease susceptibility. Of these the major genetic risk factor is the 4 allele of the apolipoprotein E gene and accounts for 50% of AD cases. These genetic risk factors are not sufficient to cause AD and require interaction with other factors associated with ageing or lifestyle. Therapeutic approaches are now being directed to target the underlying cause with several pharmaceutical companies testing anti amyloid drugs in clinical trials. Other approaches include evaluation of antioxidant therapy and hormone replacement therapy. To date no approach has yet been demonstrated to have resulted in an effective treatment of Alzheimer’s disease. A most likely explanation for this failure is that treatment commences when the brain is too severely damaged for any drug to have a beneficial effect thus highlighting the need for an early diagnostic test preferably before the onset of symptoms. Another explanation includes the possibility that a cocktail of drugs are needed for efficacy to be achieved.

Dr James Read
MBBS, Dip RANZCOG, FRACGP

Dr James Read is a rural GP specialising in Nutritional Medicine. He has worked as a qualified GP anaesthetist for 6 years and was the Director of Anaesthesia of Murwillumbah Hospital in 2007-2008. After 6 years as a visiting medical officer at Murwillumbah Hospital primarily working in anaesthesia and emergency medicine he has embarked on full time nutritional medicine practice. Dr Read’s interest in Nutritional Medicine developed during 6 years of practice in the Northern Territory in aboriginal health and as a flying doctor. He has trained with many prominent nutritional practitioners and organisations including Prof. Mell Sydney-Smith, Dr Igor Tabrizian, Henry Osiecki, ACNEM. He has trained with the Pfeiffer Treatment Centre in biochemical management of mental health/behavioural disorders and Autism and with Ian Gawler OAM to facilitate Cancer support Groups. Dr Read is now the full nutritional medicine practitioner/bariatric physician at the Australian Institute of Weight Control Gold Coast where he also provides nutritional input for patients referred for other conditions.

Topic: Testing and Diagnosis in Cognitive Health / Diet and Nutrition in Cognitive Health

Description: These sessions explore the anatomical and physiological basis of cognition and the pathophysiologica processes that impair cognition. Environmental and nutritional factors contributing to development, maintenance and deterioration of cognition are examined. Through an understanding of these processes a functional approach to both the prevention and treatment of impaired cognition is explored. The objective is to acquire a systematic approach to prevention of cognitive decline and to investigate and arrest cognitive impairment.
**Prof Melvyn A Sydney-Smith**  
KGSJ, MBBS, PhD, MHMS(prov), Grad Dip Clin Nutrit., Mast Pract NLP, Grad Dip Gestalt Ther., Grad Cert Hypnosis, FACNEM

Professor Sydney-Smith is Adjunct Professor (Nutrition Medicine), School of Health Sciences, RMIT University.  
Adjunct Associate Professor, Southern Cross University, Lismore, Adjunct Associate Professor, School of Health, UNE.  
He graduated in 1970 from the University of Western Australia and, following his residency, practised in Papua New Guinea, becoming the Acting Specialist in O&G at the Morobe District Base Hospital.  
On return to Australia, Mel commenced general practice, whilst embarking on a graduate training program that included acupuncture, gestalt therapy, clinical nutrition, NLP and hypnosis.  
He completed his master’s degree in Human Movement Studies, followed by a PhD in 1992.  
In 1980, Mel and his partner established the Holistic Medical Centre in Brisbane, to provide an integrated medical service within a holistic medical paradigm.  
He continues in private practice at home in Doolandella, remaining committed to patient-centred assessment and holistic health care.  
His practice focuses on comprehensive medical nutritional assessment and the clinical application of contemporary research on diet and nutrient therapy, as an essential element of integrated patient management.  
Dr Sydney-Smith has been extensively involved for thirty years in both undergraduate and postgraduate medical nutrition education in Australia, China and Asia.  
He was a Visiting Professor at the Open International University for Complementary Medicine, and in 1992 was inducted into the Knights of Malta (Asia) for his contribution to graduate medical education in China and Asia.  
He was a founding director of the Australian College of Holistic Medicine, writing and presenting many RACGP accredited graduate workshops in Nutrition Medicine, in addition to the Graduate Diploma in Nutrition Medicine program, which is incorporated into the Master of Nutrition Medicine program at RMIT University.

**Topic: Case History Presentation**

**Description:** Behavioural disorders are a common childhood presentation in general practice. These can range from children displaying mild anxiety or undue shyness to those with overt uncontrollable behaviour problems or even symptoms verging on schizophrenia. This presentation will explore the case history, diagnosis and management in three young patients who attended the clinic with behavioural or psychological problems.

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**Dr William Walsh**  
PhD

Dr Walsh is the President of the Walsh Research Institute in Naperville, IL.  
Dr Walsh received his PhD in chemical engineering and is an internationally recognized expert on biochemical imbalances.  
An early collaboration with Carl Pfeiffer, MD, PhD led to advanced nutrient protocols for normalizing body chemistry and brain chemistry in the 1980’s.  
This work led to the development of the Health Research Institute and Pfeiffer Treatment Center in Illinois in the 1980’s.  
Dr Walsh is the director of an international program for training physicians in advanced nutrient therapy for behaviour disorders, mental illness, and autism.  
In 1999, he was the first to discover that undermethylation is a distinctive feature of autism spectrum disorders.  
His recent research includes chemical nanoanalysis of brain tissues, abnormalities in hormone chemistry, studies focusing on oxidative damage and oxidative stress, and the role of epigenetics.  

**Topic: Mental Illness / Autism**

**Description:** Oxidative stress, undermethylation and epigenetics – The Bermuda triangle of Autism.  
The bottom line is that Autism is treatable and recovery is possible.