

Foundations in Nutritional and Environmental Medicine (NEM) – Part 1

Saturday 1 & Sunday 2 May 2021, Melbourne, VIC

SATURDAY 1ST MAY

Times	Title	Speakers
9.00 – 9.10am	Welcome	MC – Dr Shamistra Barathan & Dr Caitlin O’Mahony
9.10 – 10.30am	Introduction to the gastrointestinal system and the microbiome -pre recorded. (includes Q&A)	Dr Jason Hawrelak
10.30 – 11am	Morning tea	
11am-12.30pm	Macronutrients & an anti-inflammatory diet (includes Q&A)	Dr Michelle Woolhouse
12.30 – 1.30pm	Lunch (includes networking opportunities for livestream audience)	
1.30-3pm	Functional clinical assessment (includes Q&A)	Dr Nicole Nelson
3-3.30pm	Afternoon tea	
3.30 – 4.30pm	Comparing Dietary Approaches (includes Q&A)	Dr Michelle Woolhouse
4.30-4.40pm	Wrap up and quick feedback on the day	MC – Dr Shamistra Barathan & Dr Caitlin O’Mahony
4.40 pm	Networking Drinks & Canapes	

SUNDAY 2ND MAY

Times	Title	Speakers
8.30-8.40am	Welcome back	MC – Dr Shamistra Barathan & Dr Caitlin O’Mahony
8.40-10.30am	Micronutrients (includes Q&A)	Rachel Arthur
10.30-11am	Morning tea	
11am-12.30pm	Cardiometabolic Conditions – pre recorded. (includes Q&A)	Dr Sandeep Gupta
12.30 – 1.30pm	Lunch (includes networking opportunities for livestream audience)	
1.30-3pm	Mental Health: biochemical pathways, methylation & pyrroles (includes Q&A)	Dr Nicole Nelson
3-3.30pm	Afternoon tea	
3.30-4.30pm	NEM Practice; what you need to know – Medicare, PBS and prescribing (includes Q&A)	Dr Caitlin O’Mahony and Dr Shamistra Barathan
4.30-4.40pm	Wrap up and quick feedback on the day	MC – Dr Shamistra Barathan & Dr Caitlin O’Mahony
4.40pm	Close	