

# MULTI-SYSTEMS MEDICINE MASTERCLASS:

## Extending The Healthspan Through Optimising Cellular Resilience

**2020**

**NZ - 2<sup>ND</sup> MARCH QLD - 4<sup>TH</sup> MARCH NSW - 6<sup>TH</sup> MARCH VIC - 10<sup>TH</sup> MARCH SA - 11<sup>TH</sup> MARCH WA - 13<sup>TH</sup> MARCH**

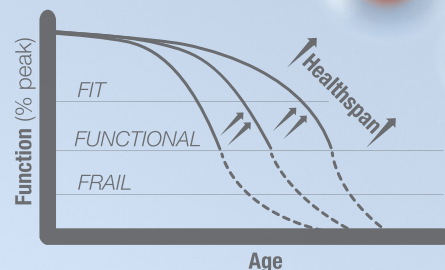
**PRESENTED BY:** Vanessa Hitch or Paul Kern

Resilience is the ability of a system or cell to cope with change; to adapt to alterations in the environment. It is the opposite of vulnerability. At a cellular level, resilience is a critical determinant of health, wellbeing, and longevity. Cellular resilience has a tremendous impact on chronic disease risk and healthspan.

In this seminar we will explore how to build cellular resilience and optimise your patients' ability to thrive in the face of challenges such as toxin exposure, inflammatory stimuli, oxidative stress, nutritional depletion, pathogenic over-load, metabolic acidosis, and chronic psycho-social stress.

Modern science is showing that many of the dietary habits and lifestyle practices that were once common are now being proven to effectively promote cellular resilience. It has become apparent that there was a profound, inherent wisdom in the traditions of our ancestors.

***Explore how natural medicines, diet, and lifestyle can be applied to promote improved cellular resilience – with the aim of keeping patients fit and functional for longer.***



### WHAT YOU WILL LEARN

- Autophagy and mitochondrial biogenesis and their roles in building cellular resilience
- Inflammageing and its role in chronic disease
- The importance of activating vitagenes in maintaining a healthy redox balance
- Psycho-social stress as a driver of chronic disease
- How metabolic acidosis drives accelerated ageing and chronic disease progression
- How pathogenic overload can deplete wellbeing
- Support of detoxification as a cornerstone of clinical practice for promoting a better healthspan
- Role of methylation in preserving genomic stability
- Putting it all together into a plan for your patients to build their cellular resilience

**BOOK ONLINE**

**[www.bwellness.com.au](http://www.bwellness.com.au)**



**LIVE SEMINAR**



**10.00am-4.30pm**



**CPE POINTS**

## PRESENTERS



### Vanessa Hitch *BSc(CompMed), ND*

Vanessa Hitch is a naturopath with over two decades experience as a highly regarded clinician, speaker, educator and supplement formulator. In her clinical practice, Vanessa assists a wide variety of patients and concerns. Her focus is on improving health and wellbeing through effective detoxification, digestive and hormonal support, and the use of genetic and functional testing.



### Paul Kern *AdvDipNat*

Paul Kern has been a practicing naturopath for the past 25 years. Since 1993 he has been in practice as a fully qualified naturopath using homoeopathic, nutritional and herbal medicine to address many complex health issues. For over 17 years Paul has also been delivering highly informative seminars to doctors, chiropractors and naturopaths around Australia and New Zealand. Paul has lectured in several Australian colleges, in physiology, toxicology, nutrition, herbal and homoeopathic practice.



LIVE SEMINAR



10.00am-4.30pm



CPE POINTS

## AGENDA

AM

10:00 - 10:30: Registration

10:30 - 11:45: **Session 1**

11:45 - 12:00: Q&A

PM

12:00 - 1:00: Lunch

1:00 - 2:15: **Session 2**

2:15 - 2:30: Q&A

PM

2:30 - 3:00: Break

3:00 - 4:15: **Session 3**

4:15 - 4:30: Q&A

## DATES & VENUES

**NZ - MONDAY 2nd March**

Rydges, Auckland

**QLD - WEDNESDAY 4th March**

Riverview Hotel, Brisbane

**NSW - FRIDAY 6th March**

Aerial Function Centre, Sydney

**VIC - TUESDAY 10th March**

Amora Hotel, Melbourne

**SA - WEDNESDAY 11th March**

Adelaide Pavilion, Adelaide

**WA - FRIDAY 13th March**

Pagoda Resort & Spa, Perth

Bookings close 1 week prior to the event date or if sold out prior.

## BOOK ONLINE

[www.bwellness.com.au](http://www.bwellness.com.au)

CPE accredited & recognised by:



ATMS



## PRICE

**SUPER EARLY BIRD PRICE**  
until 20th January 2020

**\$80**

INC GST

**EARLY BIRD PRICE**  
until 17th February 2020

**\$100**

INC GST

**REGULAR PRICE**

**\$120**

INC GST

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**STUDENTS** are eligible for a \$10 discount upon booking.