

A5M + COSMEDICON WORKSHOP

SKIN AND THE MICROBIOME

INNER HEALTH REFLECTING OUTER BEAUTY



EXPERT PANEL PRESENTERS



Dr Rhona Creegan Nutritional Biochemist & Registered Nutritionist
PhD (Neurobiochemistry), MNutrMed, MSc ClinBiochem, Dip ACN, BSc BiomedSci

Dr Rhona Creegan is an integrative health specialist with extensive experience in clinical biochemistry, molecular genetics and nutrition. She understands the health challenges faced by many and continually strives to help people regain their health. The field of personalised, integrative medicine has been gaining momentum in recent years and operates adjunct to conventional medicine to optimise health. Dr Creegan is a specialist in addressing complex health issues including: gut health, food sensitivities, mood disorders, toxicity and detoxification, methylation, hormone imbalances, metabolic disorders.



Dr Aparna Hegde Cosmetic Physician & Integrative Medicine Practitioner
MBBS, FRACGP, FACAsM, MPH&TM, DAvmEd, ACAAM

Aparna is a UWA (1994) graduate who has specialist qualifications in General Practice and Aerospace Medicine. Aparna completed her certification in Anti-Ageing Medicine with A5M in 2017 (ACAAM). Her special interest is women's health and management of fatigue, weightloss and hormonal disturbances such as thyroid disorders and menopause. She is experienced in the use of bio-identical hormones and supplements to restore normal physiology and has an interest in cosmetic medicine including dermal therapy, Intravenous Vitamin therapy, cosmetic laser procedures, Platelet Rich Plasma (PRP) Injections.



Mary-Louise Condon Compounding Pharmacist & Integrative Medicine Practitioner
BPharm, PCCA, ABAAHP, IFM (Compounding), ACAAM

Mary-Louise has practised as a retail and compounding pharmacist for the past 30 years. She is an Anti-Ageing and Integrative Medicine Practitioner, combining nutraceuticals (vitamins and nutrition), hormones and pain management. Mary-Louise is certified under both the Australasian Certification in Anti-Ageing Medicine (ACAAM) run by A5M and the American Board of Anti-Ageing Health Practitioners (ABAAHP). She has also trained with the PCCA focusing on natural hormones and nurturing her passion for bespoke medicine and cutting-edge technology to create wellness.



Cheryl Wiggins Compounding Pharmacist & Integrative Medicine Practitioner
BPharm, ABAAHP, ACAAM

Cheryl is a Compounding Pharmacist and Holistic Pharmacist, who moved to New Zealand from Zimbabwe over 16 years ago, having gained her Bachelor of Pharmacy with Honours degree from Rhodes University, South Africa. Cheryl has a passion for creating wellness and works with clients to uncover the root cause of their illness and be the best that they can be. Being at the learning front with A5M, ACNEM, A4M, AIMA, MMI, PCCA and IFM for the last 13yrs developing a skill base to shift from disease management to creating wellness with intent. Cheryl is now a consulting compounding pharmacist with The Compounding Lab, Brisbane and consulting in New Zealand as The Holistic Pharmacist, where the focus is simply "Creating Wellness".



Miguel Torres Naturopath & Educator
Adv Dip Nat, ACNT

Miguel is a passionate Naturopath, known for helping, educating and supporting clients as they endeavour to improve their health. Originally from Portugal, he moved to Australia to pursue his passion for Complementary Medicine, he finished his studies in Naturopathy, at the Australasian College of Natural Therapies. Before his current role at Regul8, Miguel worked in the Health industry for over 9 years, gaining unparalleled experience in that space. While his working engagements have taken him around Australia, is proud to call Sydney home.



Ms Lea McIntyre Naturopath & Nutritionist
ND, Master Human Nutrition, Bachelor Health Science (Comp Med), Adv Dip Naturopathy, Dip Nutrition, Dip Herbal Medicine

Lea McIntyre is the Technical Marketing at Designs for Health Australia. Lea has 19 years' experience as a qualified naturopath, herbalist and nutritionist. In her clinical practice she specialises in paediatric health, and gut health.



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WORKSHOP PROGRAM THURSDAY 5 MARCH 2020

Keltie Cove Room, InterContinental Double Bay SYDNEY

08.15- 08.45	REGISTRATION	Sign-in, collect nametag & workbook, tea/coffee, take your seat
08.45- 08.50	Introduction and welcome: The importance of gut health	
08.50 - 09.45	Inner Health reflecting Outer Beauty Diet, lifestyle and environment interacting with the genome and microbiome - Dr Rhona Creegan	
09.45- 10.30	Nutrition: The Link to Optimum Skin and Gut Health - Cheryl Wiggins <ul style="list-style-type: none">• The role of nutritional support and supplements to support gut health• Intermittent fasting and its impact on gut health	
10.30- 11.00	MORNING TEA	
11.00 - 11.45	The Gut-Skin Connection Using the GI Map to assess the Gut-Skin Axis - Lea McIntyre <ul style="list-style-type: none">• Understanding the gut skin axis and what part the microbiome health plays in skin health.• Building practitioner confidence and understanding in the use of DNA based stool testing for better patient outcomes.	
11.45- 12.30	The importance of the Gut Health and the Impact of Stress on skin conditions like Acne, Hyperpigmentation, Rosacea, Eczema and Ageing - Miguel Torres <ul style="list-style-type: none">• Learn about having an integrative approach to Skin Revision.• Learn how can you provide your clients with results that are long lasting and efficacious for their skin.• How to take a systemic approach to your client's health and skin• Educating and assessing clients and creating realistic expectations and outcomes	
12.30 - 13.00	Q & A Panel discussion - All presenters	
13.00 - 14.00	LUNCH	
14.00 - 14.45	Metabolic disorders, chronic diseases and the impact on Aesthetics - Dr Aparna Hegde <ul style="list-style-type: none">• Describe the impact of common chronic and metabolic diseases on aesthetics• Review of supportive therapies including lifestyle, nutrition, dietary supplements and cosmeceuticals and the impact these have on aesthetics	
14.45- 15.30	New frontiers, novel products & topical approaches in skin health - Mary-Lou Condon <ul style="list-style-type: none">• Innovative nutrient infusions for skin rejuvenation and reversing skin ageing• Peptides for skin rejuvenation and reversing skin ageing• Compounding – how it can help your practice	
15.30- 16.00	AFTERNOON TEA	
16.00- 17.30	Case Studies: How to take a systemic approach to your clients' health and skin - Dr Aparna Hegde	
17.00- 17.30	Q & A Panel discussion - All presenters	

A5M would like to thank our sponsors of this event

