

# Symposium 2020 Program



8th Research Symposium  
3-5 April 2020  
GRAND HYATT MELBOURNE  
INFLUENCES ON  
HORMONE HEALTH:  
DIET, GENES &  
ENVIRONMENT

| Friday 3 April                                | Session & Room              | Speaker  | Topic  | Group | Room           |
|---|-----------------------------|--|--|-------|----------------|
| 7:00 am - 8:15 am                             | <b>Registration</b>         |  |  |       |                |
| 8:15 am - 8:30 am                             | Welcome                     | <b>Dr Mark Donohoe</b>   | Welcome and Introductions  | All   | Savoy Ballroom |
| 8:30 am - 9:45 am                             | Plenary                     | <b>Dr Carrie Jones</b>   | Oestrogen detoxification from start to finish (phase 1, 2 and 3)   | All   | Savoy Ballroom |
| 9:45 am - 10:15 am                            | <b>Morning Tea</b>          |  |  |       |                |
| 10:15 am - 11:30 am                           | Plenary                     | <b>Dr William Walsh</b>  | Nutrient Therapy for Mental Disorders  | All   | Savoy Ballroom |
| 11:30 am - 11:45 am                           | <b>Break</b>                |  |  |       |                |
| 11:45 am - 1:00 pm                            | Plenary                     | <b>Ms Amanda Archibald</b>   | The influence of 21 <sup>st</sup> Century Living on Genes, Environment, Diet and Human Function                                  | All   | Savoy Ballroom |
| 1:00 pm - 2:00 pm                             | <b>Lunch</b>                |  |  |       |                |
| 2:00 pm - 2:45 pm                             | Case Studies                | <b>Dr William Walsh</b>  | Chemical Biotypes of Depression and Individualised Nutrient Therapy  | All   | Savoy Ballroom |
| 2:45 pm - 3:00 pm                             | <b>Break/Room Change</b>    |  |  |       |                |
| 3:00 pm - 3:45 pm                             | Workshop/Cases              | <b>Dr Carrie Jones</b>   | Case studies: Estrogen detoxification from start to finish (phase 1, 2 and 3)  | 1     | Savoy Ballroom |
| 3:00 pm - 3:45 pm                             | Workshop/Cases              | <b>Ms Amanda Archibald</b>   | Case studies: Fatigue, Transient Anxiety and Weight Gain Meet Genomics   | 2     | Mayfair 1      |
| 3:45 pm - 4:15 pm                             | <b>Afternoon Tea</b>        |  |  |       |                |
| 4:15 pm - 5:00 pm                             | Workshop/Cases              | <b>Dr Carrie Jones</b>   | Case studies: Estrogen detoxification from start to finish (phase 1, 2 and 3)  | 2     | Mayfair 1      |
| 4:15 pm - 5:00 pm                             | Workshop/Cases              | <b>Ms Amanda Archibald</b>   | Case studies: Fatigue, Transient Anxiety and Weight Gain Meet Genomics   | 1     | Savoy Ballroom |
| Saturday 4 April                              | Session                     | Speaker  | Topic  | Group | Room           |
| 7:15 am - 8:15 am                             | Sponsored Breakfast Session | TBA  | Sponsored by:  | All   | TBA            |
| 8:15 am - 8:30 am                             | <b>Break/Room Change</b>    |  |  |       |                |
| 8:30 am - 9:45 am                             | Plenary                     | <b>Dr Lara Briden</b>  | Ovulation Matters: Exploring the value of natural ovulatory menstrual cycles for general health                                  | All   | Savoy Ballroom |
| 9:45 am - 10:15 am                            | <b>Morning Tea</b>          |  |  |       |                |
| 10:15 am - 11:30 am                           | Plenary                     | <b>Dr Datis Kharrazian</b>   | Hypothyroidism Physiological Web   | All   | Savoy Ballroom |
| 11:30 am - 11:45 am                           | <b>Break</b>                |  |  |       |                |
| 11:45 am - 1:00 pm                            | Plenary                     | <b>Ms Amanda Archibald</b>   | Culinary Biochemistry for 21st Century Living. Applying DNA-Directed Thinking to Care Plans                                      | All   | Savoy Ballroom |
| 1:00 pm - 2:00 pm                             | <b>Lunch</b>                |  |  |       |                |
| 2:00 pm - 2:45 pm                             | Workshop/Cases              | <b>Ms Amanda Archibald</b>   | Case Studies: Using Genomics and Advanced Biomarkers to Connect Family History, Individual Health History and Guide Intervention | 1     | Savoy Ballroom |
| 2:00 pm - 2:45 pm                             | Workshop/Cases              | <b>Dr Datis Kharrazian</b>   | How to evaluate Hashimoto's hypothyroidism and case study  | 2     | Mayfair 1      |
| 2:00 pm - 2:45 pm                             | Workshop/Cases              | <b>Dr Lara Briden</b>  | Case studies: Obstacles to Ovulation: Troubleshooting hypothalamic amenorrhea, PCOS, and post-pill amenorrhea.                   | 3     | Savoy 3        |
| 2:45 pm - 3:00 pm                             | <b>Break/Room Change</b>    |  |  |       |                |
| 3:00 pm - 3:45 pm                             | Workshop/Cases              | <b>Ms Amanda Archibald</b>   | Case Studies: Using Genomics and Advanced Biomarkers to Connect Family History, Individual Health History and Guide Intervention | 2     | Mayfair 1      |
| 3:00 pm - 3:45 pm                             | Workshop/Cases              | <b>Dr Datis Kharrazian</b>   | How to evaluate Hashimoto's hypothyroidism and case study  | 3     | Savoy 3        |
| 3:00 pm - 3:45 pm                             | Workshop/Cases              | <b>Dr Lara Briden</b>  | Case studies: Obstacles to Ovulation: Troubleshooting hypothalamic amenorrhea, PCOS, and post-pill amenorrhea.                   | 1     | Savoy Ballroom |
| 3:45 pm - 4:15 pm                             | <b>Afternoon Tea</b>        |  |  |       |                |
| 4:15 pm - 5:00 pm                             | Workshop/Cases              | <b>Ms Amanda Archibald</b>   | Case Studies: Using Genomics and Advanced Biomarkers to Connect Family History, Individual Health History and Guide Intervention | 3     | Savoy 3        |
| 4:15 pm - 5:00 pm                             | Workshop/Cases              | <b>Dr Datis Kharrazian</b>   | How to evaluate Hashimoto's hypothyroidism and case study  | 1     | Savoy Ballroom |
| 4:15 pm - 5:00 pm                             | Workshop/Cases              | <b>Dr Lara Briden</b>  | Case studies: Obstacles to Ovulation: Troubleshooting hypothalamic amenorrhea, PCOS, and post-pill amenorrhea.                   | 2     | Mayfair 1      |
| <b>5:00 pm - 6:30 pm - Cocktail Reception</b> |                             |  |  |       |                |
| Sunday 5 April                                | Session                     | Speaker  | Topic  | Group | Room           |
| 8:30 am - 9:45 am                             | Plenary                     | <b>Dr Datis Kharrazian</b>   | How hormones impact brain function   | All   | Savoy Ballroom |
| 9:45 am - 10:00 pm                            | <b>Morning Tea</b>          |  |  |       |                |
| 10:00 am - 10:45 am                           | Plenary                     | <b>Amie Skilton</b>  | CIRS, Water Damaged Building & Hormone Dysregulation   | All   | Savoy Ballroom |
| 10:45 am - 11:15 pm                           | <b>Break</b>                |  |  |       |                |
| 11:15 am - 12:30 am                           | Plenary                     | <b>Dr Carrie Jones</b>   | How resilient are you? Using the Cortisol Awakening Response as a sign of Health   | All   | Savoy Ballroom |
| 12:30 pm - 1:30 pm                            | <b>Lunch</b>                |  |  |       |                |
| 1:30 pm - 2:15 pm                             | Workshop/Cases              | <b>Dr Carrie Jones</b>   | Case studies: How resilient are you? Using the Cortisol Awakening Response as a sign of health                                   | 1     | Mayfair 1      |
| 1:30 pm - 2:15 pm                             | Workshop/Cases              | <b>Dr Datis Kharrazian</b>   | How to develop a personalised diet, lifestyle and nutraceutical protocol for hypothyroidism                                      | 2     | Savoy Ballroom |
| 2:15 pm - 2:30 pm                             | <b>Break/Room Change</b>    |  |  |       |                |
| 2:30 pm - 3:15 pm                             | Workshop/Cases              | <b>Dr Carrie Jones</b>   | Case studies: How resilient are you? Using the Cortisol Awakening Response as a sign of health                                   | 2     | Savoy Ballroom |
| 2:30 pm - 3:15 pm                             | Workshop/Cases              | <b>Dr Datis Kharrazian</b>   | How to develop a personalised diet, lifestyle and nutraceutical protocol for hypothyroidism                                      | 1     | Mayfair 1      |
| 3:15 pm - 3:30 pm                             | <b>Break</b>                |  |  |       |                |
| 3:30 pm - 4:15pm                              | Panel Discussion: Plenary   | <b>Datis Kharrazian, Carrie Jones, Lara Briden, Amanda Archibald, Amie Skilton</b> |  | All   | Savoy Ballroom |
| 4:15 pm - 4:30pm                              | <b>Wrap Up</b>              |  |  | All   | Savoy Ballroom |

Program is correct at time of print.

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