

Course goals

The goal of this course is to present an updated and practical perspective on supporting patients with a range of immune system conditions with a focus on inflammation, gut, thyroid and musculoskeletal health issues. In addition, an in-depth review of botanical therapy and its application will be presented.

Learning objectives/learning outcomes

On completion of this course attendees will:

- Have an up to date and clinically relevant understanding of the immune system including both innate and adaptive immunity.
- Have an update to date, clinically relevant understanding of the overarching concepts of autoimmune disease based on the recent research
- Have an understanding of the pathophysiology of common immune conditions such as inflammatory bowel disease, multiple sclerosis, Hashimoto's disease, subclinical hypothyroidism, rheumatoid arthritis, osteoarthritis
- Be knowledgeable with the key herbs discussed and be confident and proficient in their clinical application
- Understand the basic issues related to quality and phytochemistry and how this relates to clinical effectiveness for the herbs discussed
- Understand the relevant cautions, contraindications and potential herb drug interactions for the herbs discussed

Course Outline	
Day 1	
Hour 1.5 2:00 pm – 3:30 pm	Simplifying the Complex Immune Mosaic – Kerry Bone <ul style="list-style-type: none"> ▪ Kerry Bone's clinical and research focus over the past 35 years has been focussed on immune health, specifically autoimmune diseases. This session will share his key learnings on immune health from the past 35 years of study, clinical practice and reflection. ▪ Set the scene with a scientific literature/research review and discussion of the numerous threads regarding the overarching concepts of the immune system (both innate and adaptive immunity) and autoimmune disease. ▪ Review the role of stealth pathogens in relation to autoimmune conditions ▪ Review recent research and pathophysiology relating to Rheumatoid Arthritis. ▪ Using an evidenced based approach, that is grounded in traditional knowledge and fine-tuned by clinical practice, review and discuss a number of the key herbs including, Boswellia, Turmeric, Ginger, Rehmannia that have value in the areas discussed. ▪ Including dose, frequency, safety, quality issues as required
3:30 pm – 3:40 pm	Break
Hour 1.5 to 3 3:40 pm – 5:10 pm	Understanding the Inflammation Response – Berris Burgoyne <ul style="list-style-type: none"> ▪ Review and discuss up-to-date research on the inflammatory response and its role in health and disease ▪ Discuss the common drivers of inflammation including dysbiosis, toxins, metabolic imbalances, persistent pathogens ▪ Develop management strategies and treatment goals to support health in patients with inflammation associated health challenges ▪ Give an overview of key inflammatory conditions, with a focus on musculoskeletal issues and soft tissue injury ▪ Develop protocols based on key herbs ▪ Discuss safety & quality issues, nutritional support, diet & lifestyle
5:10 pm – 5:20 pm	Break
Hour 4 5:20 pm – 6:20 pm	Q&A – Kerry Bone and Berris Burgoyne <ul style="list-style-type: none"> ▪ Review key concepts and answer participants questions
Day 2	
Hour 1.5 2:00 pm – 3:30 pm	The Thyroid Immune Puzzle – Amanda Williams <ul style="list-style-type: none"> ▪ Outline the key functions of the thyroid gland & understand how it is a key part of the whole endocrine system ▪ Looking beyond the thyroid to understand various health challenges ▪ Detail the key clinical biomarkers of thyroid function tests (serum) and understand the clinical relevance ▪ Outline how the microbiota and gut function affects the thyroid function and general health ▪ Outline Endocrine Disrupting Chemicals (EDC's) and the common sources ▪ Detail key botanicals and nutritionals to support patients with thyroid challenges, including dose, frequency, safety, quality issues as required.
3:30 pm – 3:40 pm	Break
Hour 1.5 to 3 3:40 pm – 5:10 pm	Complex GIT Immune Challenges – Angela Hywood <ul style="list-style-type: none"> ▪ Review the pathophysiology and recent research relating to Inflammatory Bowel Disease ▪ Detail key botanicals and nutritionals to support patients, including dose, frequency, safety, quality issues as required. ▪ Present case histories to highlight the concepts presented

5:10 pm – 5:20 pm	Break
Hour 4 5:20 pm – 6:20 pm	Q&A – Amanda Williams and Angela Hywood <ul style="list-style-type: none">▪ Review key concepts and answer participants questions