

7th International Conference of herbal medicine Day Two was jam packed with the latest research and developments globally presenting practical information on iridology, the health secrets of fermentation, sacred and monastery gardens in England and Australia Medicinal foods,

Dr Mary Bove from USA spoke on Paediatric Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Disorders (ASD) revealing leading research in herbal medicine, nutrition, and environmental factors. She highlighted that intriguing research indicates that specific forms of exercise such as martial arts are specifically beneficial for children with ADHD and highlighted numerous herbal medicines that show significant promise for this conditions. She discussed the importance to consider the links between vaccination and ASD or ADHD. One point of interest is that 95% of children studied were low in mineral such as magnesium and the importance of diet in health.

Associate Professor Kerry Bone discussed the herb Gotu kola (*Centella asiatica*). He highlighted great research from around the globe including India, Egypt, and Europe indicating beneficial properties for conditions including liver fibrosis, cataract surgery, gastric ulcers, surgical wounds, venous insufficiency and osteoarthritis. Its connective tissue regeneration property appears to be the most prominent feature in all of these applications. Kerry Bone has a background in industrial chemistry and is a foundation leader in Australian herbal medicine manufacturing and education. He has numerous books published and has an international reputation for promoting the balance between evidence based medicine coupled with a solid understanding of the Traditional application of herbal medicines.

Dr Stuart Glastonbury from Toowoomba spoke about the rapidly increasing incidence of premalignant and malignant skin pathology. The rate is indicated to be as high as 1:30 in some areas of Australia. He took the audience on a pictorial journey through skin lesions, pathophysiology, associated risk factors and essentials for clinical diagnosis. He also discussed the naturopathic treatment approach and management of these lesions with a strong emphasis on prevention or recurrence. He included herbal medicine treatments that can be prescribed following diagnosis which specifically target the immune system towards cellular immunity. Additionally, he spoke of micronutrient deficiencies that may be associated with increased risk of recurrence.

Other speakers on day two included Richard Whelan from New Zealand presenting tongue and pulse diagnosis; Gary Ozarko from QLD presenting iridology and the digestive system; Rob Santich from Sydney discussing fermentation; Derian Turner from NSW discussing sacred and monastery gardens; Linda Bates (Sydney) and Helen Stevenson (Adelaide) presenting medicinal foods; Kathy Harris from Sydney presenting autoimmunity and the thyroid; Linda Bates with Inflammation and arthritis; Michael Thomsen from Tasmania on The truth about St Johns Wort drug interactions; Airdre Grant from Lismore presenting on the role of education in natural medicine; Karen McElroy from Noosaville discussing the environmental issues of the practice of herbal medicine; Dawn Whitten from Tasmania on Herbal medicines for lactation; Nadine Campbell from Sydney on Herbal treatments for Chlamydia; Annette Morgan from Lismore discussing the efficacy of Bacopa for dementia prevention and treatment;

The 90th National Herbalist Association of Australia AGM was held and the day ended with a fantastic conference dinner where the 400 delegates and the presenters enjoyed an evening of fun and relaxation. The conference dinner also had Ruth Tricky as guest speaker.

This is the 7th International conference on herbal medicine held at Twin towns resort on the Gold Coast. The conference goes for three days. The previous press releases are available on the web site index page [www.nhaa.org.au](http://www.nhaa.org.au)

Day three will be brilliant presenting more cutting edge research, development and education on herbal medicine to the local and international audience of health care professionals.

For interviews and media visits please contact  
Dominique Finney  
[media@nhaa.org.au](mailto:media@nhaa.org.au)  
mobile 0409 765033