

6th August 2018

**FEATURING**  
INTERNATIONALLY RECOGNISED  
INTEGRATIVE HEALTH RESEARCHERS  
WITH COMPREHENSIVE CLINICAL  
EXPERIENCE

Dear Practitioner

## Integra Nutritionals - New Zealand Seminar Series

Mastering the Successful Nutrigenomics Practice

September 2018

Auckland - Wellington - Nelson - Christchurch

Introducing

### ■ Dr Christine Houghton PhD, BSc



Dr Christine Houghton continues to enjoy a fulfilling and varied career in Nutritional Medicine spanning more than 30 years. As a clinician, author and educator, she is dedicated to promoting a model of health care that closely reflects the diet and lifestyle choices Mother Nature would choose herself. An individual's unique biochemistry is a significant contributor to this model.

Christine's intense appreciation of the power of food as therapy began in the 1970s, an era when there were very few supplements available. With few other choices, she soon discovered the real power of food as a potent clinical intervention tool; to this day, she adopts a 'food first' philosophy.

A decade into practice, she established a thriving multi-disciplinary practice, the Centre for Integrated Medicine near Brisbane. There, she specialised in glucose-regulating disorders including type 2 diabetes and other cardiometabolic conditions, digestive health and infant and child health, especially those associated with immune dysfunction.

Passionate about the relationship between nutrients, phytochemicals and cellular defences, Christine subsequently engaged in research at the University of Queensland, earning her a PhD in Nutritional Biochemistry-Nutrigenomics. Christine is highly-regarded internationally as an expert in the clinical application of the broccoli-derived phytochemical, sulforaphane in human health. As founding director of Cell-Logic, she has formulated a number of nutrigenomically-active supplements which are underpinned by her doctoral research.

In addition to her scientific and other publications, Christine is the co-author of two evidence-based nutrigenomics courses: FOUNDATIONS IN NUTRIGENOMICS and ADVANCED TRANSLATIONAL NUTRIGENOMICS, both self-paced online courses for practising clinicians and the only comprehensive courses of their kind available anywhere globally.

A regular speaker at Australian and international conferences, Christine is an engaging speaker whose evidence-based presentations often challenge existing paradigms.

Christine also holds a BSc in Biochemistry from The University of Queensland, a Graduate Diploma in Human Nutrition from Deakin University in Victoria, and is an Adjunct Lecturer in the School of Human Movement and Nutrition Science at The University of Queensland.

### ■ Robert Thomas



As a dedicated and accomplished Naturopath with extensive experience in radio broadcasting, clinician training and consumer education, Robert Thomas is Cell-Logic's highly-valued Clinician Educator. In this capacity, he liaises closely with practising clinicians, guiding them in the understanding of the more complex nutrigenomic and biochemical principles that underpin the Cell-Logic product concepts and formulations.

Robert has been a naturopathic practitioner for over three decades, 14 of these years were in his Far North Queensland clinic, where, among other things, he designed a very successful lifestyle management program to help individuals to conquer addictions. As a further extension to his clinical practice, he was intimately involved in the development and implementation of the '7 Natural Physicians', a holistic health programme for children that was introduced into primary schools throughout Australia.

One of Robert's fortés lies in translating complex biochemical concepts into clinically-relevant 'snapshots' that capture the science – filled with down-to-earth analogies without the 'cringe-factor' typically attributed to discussions on biochemistry. A good deal of Robert's skill in providing Upskill sessions for clinicians of various disciplines is the result of his strong engagement in nutrigenomics through his studies in Advanced Translational Nutrigenomics.

Robert's regular Cell-Logic presentations to clinicians are both informative and inspirational, focusing on new developments in the field, with a special emphasis on nutrigenomics. His relaxed and engaging style is undoubtedly a product of his years of experience in hosting a regular talk-back segment on a local ABC radio.

**Adam Ryan**

Managing Director, Nutriscarch

Topics:

### ■ SESSION 1: Robert Thomas

---

#### The Bare Bones Essentials for Nutrigenetic Report Interpretation

- Drilling down to the basics
- What does this all mean and where do I start?
- How do I use the report to enhance expression of key aberrant genes?

#### Addressing:

- Redox Imbalance & Glutathione production
- Dysregulated Inflammation
- Detoxification pathways
- Cellular Energetics

### ■ SESSION 2: Christine Houghton

---

#### Putting Principles into Practice

- When to consider an Upstream vs Downstream Approach
- Using Nutrigenomics Principles in:
  - Gut Health incl. restoration of the microbiota
  - The Gut-Microbiota interface and estrogen metabolism
  - Immune-related Disease incl. infection, allergy
  - Periodontal disease
  - Cardiometabolic Disease - type 2 diabetes, vascular disease
  - Gut Ecology - the benchmark for immune and metabolic health
- Introducing the Gemmune Protocol
- How can I learn more?

## Four Educational Evenings:

---

### ■ Auckland

#### *Novotel Airport Hotel*

Friday 7th September (*Pre NMHNZ weekend conference*)

6.15pm - 9.15pm

### ■ Nelson

#### *Rutherford Hotel*

Tuesday 11th September

6.15pm - 9.15pm

### ■ Wellington

#### *Museum Hotel*

Monday 10th September

6.15pm - 9.15pm

### ■ Christchurch

#### *Chateau on the Park*

Wednesday 12th September

6.15pm - 9.15pm

---

<b>6.15 - 6.30pm</b>	Registrations Tea and Coffee on Arrival (15 mins)
<b>6.30 - 7.30pm</b>	Robert Thomas (1 hr)
<b>7.30 - 7.45pm</b>	Express break (15 mins)
<b>7.45 - 9.00pm</b>	Dr.Christine Houghton (1.15 hrs)
<b>9 - 9.15pm</b>	Q & A (15 mins)
<b>9.15pm</b>	Evening Concludes

---

## REGISTRATION FORM

I would like to attend the following venue:

Auckland     Wellington     Nelson     Christchurch

Early Bird registration - register before 5pm on the 5th September 2018 and pay only \$79 + GST

Register after 5th September 2018 and pay \$95 + GST (Student rate = \$40 + GST)

### My details

Clinic name: \_\_\_\_\_

Practitioner name: \_\_\_\_\_

address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

### Payment detail

Please charge my **existing** Nutriscarch account.

Please charge my new Nutriscarch account. I will download a New Account Application form from [www.nutriscarch.co.nz](http://www.nutriscarch.co.nz) and return with my registration.

Please charge \$ \_\_\_\_\_ to my:  VISA  MASTERCARD

Card Number:

Expiry Date:

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

THESE EVENTS WILL  
SELL OUT

BOOK NOW TO AVOID  
DISAPPOINTMENT

Please note: there are no refunds for the event once paid for or applied to your account. We request no digital video taping or voice recording of the day's presentation. A full set of notes from each speaker will be provided. Nutriscarch reserves the right to replace presenters in the unlikely event that a presenter becomes unavailable due to circumstances outside of our control. Nutriscarch reserves the right to cancel an event if minimum numbers are not reached. You will receive a full refund should this unlikely event occur. Nutriscarch will only refund the exact direct charge that you paid us, limited to the maximum of the early bird or regular entrance fee. We will not be responsible for any other indirect expenses you may incur including but not limited to accommodation, travel costs etc.