

**FRIDAY 24 MAY 2019**

1.30 - 4.00pm	<p><b>WORKSHOP</b> (Bookings Required)            Pathology Interpretation - Nutritional Medicine Perspective</p> <p>In this workshop our presenters will dig deeper into mainstream pathology testing, providing more understanding and practical application from a nutritional perspective. New concepts and practice around the epigenetics of cardiometabolic risk factors will also be presented.</p>	<p>Dr Zhong Lu (MELB)            Dr Sam Mirzaee (MELB)</p>
4.00 - 4.30pm	Tea and coffee available	
<b>ACNEM Conference - Opening Keynotes</b>		
	Welcome to the 2019 ACNEM Conference	<p>Dr Shamistra Barathan (MC)            Dr Ron Ehrlich (MC)</p>
4.30 - 5.05pm	10 ways to change the medical model	<p>Professor Grant Schofield            IAN BRIGHTHOPE ORATION</p>
5.05 - 5.40pm	We are getting sicker and fatter. Has our medicine done a fat lot of good?	Dr Peter Brukner
5.40 - 6.15pm	Lipidomics and lipid metabolism: new insights into metabolic disease and a pathway to precision health	Professor Peter Meikle
6.15 - 6.30pm	Q&A / Panel Discussion	
6.30 - 7.00pm	Networking Drinks	

**SATURDAY 25 MAY 2019**

8.00 - 9.00am	Arrival tea and coffee	
9.00 - 9.10am	Welcome by ACNEM President	Dr Ron Ehrlich (MC)
	Acknowledgement of Country and conference housekeeping	Dr Shamistra Barathan (MC)
<b>THEME 1</b>	<b>Chrono Nutrition - the interplay between the biological clock, hormonal function, time-restricted eating and intermittent fasting</b>	
9.10 - 9.55am	Understanding the link between Oestrogen, the Circadian Rhythm and Metabolism	Dr Jim Parker
9.55 - 10.30am	Demystifying the Code - a patient-centred approach to genetics, nutrition and oestrogen	Dr Elvira Zilliacus and Linda Funnell-Milner
10.30 - 11.00am	Morning Tea	
11.00 - 11.30am	Menstrual cycles and metabolic rhythms: understanding the relationships with exercise and nutrition	Dr Natasha Andreadis
11.30 - 12.00pm	PCOS, metabolism and lifestyle: Putting it into practice	Dr Jim Parker
12.00 - 12.30pm	Chrono Nutrition: Why when you eat could be as important as what you eat	Nathan Rose
12.30 - 12.50pm	Genetic Polymorphisms in Male Infertility	Amie Skilton
12.50 - 1.00pm	Q&A / Panel Discussion	
1.00 - 2.00pm	Lunch	
<b>THEME 2</b>	<b>Gut-Immune Disruption - research update on the mycobiome and auto-immunity</b>	
2.00 - 2.30pm	Gut: The Trojan Horse in remote organs' autoimmunity	Professor Aaron Lerner
2.30 - 3.00pm	Mycobiome: The Forgotten Factor in Modern Disease	Dr Shideh Pouria
3.00 - 3.30pm	The Gut Microbiome Feelings of the Brain: A Perspective for Non-Microbiologists	Professor Aaron Lerner
3.30 - 4.00pm	Afternoon Tea	
4.00 - 4.30pm	Fungal Dysbiosis in Patients with Gut Disorders: Clinical Case Series	Dr Shideh Pouria
4.30 - 5.15pm	Gut Experts Panel Discussion	
5.15 - 5.30pm	Closing Comments	Dr Shamistra Barathan (MC) Dr Ron Ehrlich (MC)
5.30 - 6.00pm	Networking Drinks	

**SUNDAY 26 MAY 2019**

7.30 - 8.30am	<b>BREAKFAST SESSION</b> (Bookings Required) Food as the Key Link between Planetary and Human Health	Dr Shideh Pouria
8.00 - 9.00am	Arrival tea and coffee	
9.00 - 9.15am	Welcome About ACNEM and ACNEM Awards Presentation	Dr Shamistra Barathan (MC) Dr Ron Ehrlich (MC)
<b>THEME 3</b>	<b>Metabolic Insights - multi dimensional aspects of metabolism and their management in your patients</b>	
9.15 - 9.40am	New understanding of lipid metabolism, pathology interpretation and dietary application	Dr Ken Sikaris
9.40 - 10.05am	New clinical insights into phospholipid metabolism in metabolic syndrome	Professor Peter Meikle
10.05 - 10.30am	Nutrition and fasting: how to put the pieces together for type 2 diabetes reversal	Dr Rob Szabo
10.30 - 11.00am	Morning Tea	
11.00 - 11.30am	Scientific Evidence Supporting a Low Carb Higher Fat Diet	Dr Rod Tayler
11.30 - 12.00pm	Metabolism and Common Urological Diseases - Prostate and Stones	Dr Noor Buchholz
12.00 - 12.30pm	Discovering variation in responses to differing diets. Evaluating key cases.	Cliff Harvey
12.30 - 1.00pm	Q&A / Panel Discussion	
1.00 - 2.00pm	Lunch	
<b>THEME 4</b>	<b>Personalised Nutrition - finding the solution for individualised management</b>	
2.00 - 2.25pm	Is there a place for low carb and fasting in public health nutrition?	Professor Grant Schofield
2.25 - 2.50pm	Personalising dietary advice: how to be successful with weight loss.	Dr Helen Truby
2.50 - 3.15pm	Determining 'Carbohydrate Appropriate' – Individualising Nutrition Prescription to the Patient	Cliff Harvey
3.15 - 3.30pm	Q&A / Panel Discussion	
3.30 - 4.00pm	Afternoon Tea	
4.00 - 4.30pm	On the Battlefield: weight loss in the General Practice setting	Dr Lucy Burns
4.30 - 4.50pm	Q&A / Panel Discussion	
4.50 - 5.00pm	Closing comments with ACNEM President	Dr Ron Ehrlich (MC)
5.00pm	Conference Concludes	