

# ANTA National Seminar Sydney 14th August 2022



**FREE ADMISSION**

ANTA proudly presents the Sydney seminar in our series of national seminars for 2022 featuring outstanding topics and presenters.

**Members, graduates and students are invited to attend for free!**

Door prizes \* Product Samples \* Displays \* CPE points available



### **Assessing and Treating Tendon Pain - Shaun Brewster**

The way we have assessed and treated tendon related pain has changed in recent years. No longer are passive interventions, topical or invasive methods indicated. A wealth of research and clinical evidence now points to a simpler load-based management protocol. This presentation will provide strategies for pain management and rehabilitation for those suffering from tendon pathologies.



### **Cholesterol: Ayurvedic Diet and Lifestyle and some Herbal Remedies - Neerja Ahuja**

Cholesterol is a fatty acid that is a part of circulating lipids in the body and is needed to build cell membranes, vitamin D, hormones, and much more. It is both derived from the diet and synthesised within the body, mainly in the liver. From the ayurvedic perspective, the body also needs cholesterol for supporting and lubricating the body's channels, known as srotas. In this session, we will look at what are some diet, lifestyle and herbal recommendations from Ayurveda for managing cholesterol.



### **Nutrition Interventions in Persistent Pain - Ananda Mahony**

Chronic pain is associated with increased risks of co-morbid health conditions, increased body mass and poorer diet quality and patterns. Dietary interventions can have significant effects on pain reduction and overall quality of life. In this talk Ananda will draw on recent research to discuss how dietary intake can directly impact persistent pain, support weight loss, and reduce the risk of co-morbid conditions. Ananda will examine specific dietary approaches and discuss a number of case examples.



### **What is Integrative Oncology: What does it look like to work as a team in an integrative oncology space? - Victoria Choi**

Integrative Oncology is a growing space in Australia, however currently there is limited integration with conventional cancer treatments. My work as a clinician and researcher at the Chris O'Brien Lifehouse in Sydney presents a potential example of what it might look like for the future of cancer care in Australia, if there is better integration of complementary medicine and conventional medicine.

### **Q&A with ANTA National Council**

Get your questions ready... This new component at the ANTA seminar is to engage with your Branch Chair and National Council and ask those questions you would like answered!

**NEW!**

## **VENUE**

VIBE Hotel  
111 Goulburn Street  
SYDNEY NSW 2000  
*Includes Morning Tea!*

## **REGISTRATION**

Through the ANTA website  
[www.anta.com.au/events](http://www.anta.com.au/events)  
Phone: 1800 817 577

## **TIMES**

Registration opens 8:30am  
Seminar start: 9:00am  
Seminar finish: 1:00pm

**Register  
Now!**

## **Event Sponsors**

