



Nutri Seminar

Stress Less: Mind-Body & Nutritional Medicine Breakthroughs

Simple strategies for transforming the psychological well-being of your patients with Dr Mark Atkinson

Knowing how to work skilfully with patients who want to improve their psychological well-being and recover from stress-related illness and mental ill-health is at the heart of good clinical practice. This clinically focused seminar will provide you with practical tools and insights into the latest nutritional breakthroughs and proven mind-body approaches for transforming the mental health and happiness of your patients.

Stressed and Wired

A major cause of chronic stress related illness is an over activity of the stress system. Irritability, worry, tension, anxiety, restless sleep, insomnia and related daytime fatigue are all characterized by a chronic state of hyperarousal of the stress system. Calming down this over activity is central to effective clinical management.

Nutritional Breakthrough

New research has identified nutritional medicines that can be used to target numerous conditions across the stress continuum. Specifically supporting your patient's unique individuality, both nutritionally and with tailored mind-body approaches, you can enhance clinical outcomes.

Mind-Body Medicine

At the heart of facilitating optimal health is the ability to empower our patients with the knowledge and tools to manage their stress and develop their resilience. The master key to effective stress management is to work holistically – that is to focus on bringing the mind and body into a state of balance in parallel, in a way that is personalized to the individual.



Adrenal Stress Profile with Genova Diagnostics

In special partnership with the UK's leaders in functional assessment, Genova Diagnostics, we will also be hosting an exclusive lecture on the Adrenal Stress Profile. This unique 1 hour workshop will cover functional stress assessment including test interpretation and clinical application. You will be able to find out answers to questions such as:

- How the test works
- Why using saliva is better than blood
- How to read the results
- What the results mean



In London, Dr Nigel Abraham will run the Adrenal Stress Profile workshop. At all other locations Dr Mark Atkinson will be running the workshop.

Wednesday 29th Feb 2012, Radisson Blu Hotel, Edinburgh, Code S0112
Thursday 15th March 2012, Mercure Manchester Piccadilly, Manchester, Code S0312
Wednesday 21st March 2012, Hotel TBC, Central London, Code S0512
Thursday 22nd March 2012, Mercure Holland House, Bristol, Code S0412

All seminars are from 2pm - 6.30pm



This essential seminar will cover:

- Immediately practical and relevant mind-body approaches to managing stress related illness in clinical practice
- Nutritional medicines that support unique clinical presentations of stress such as anxiety, depression, insomnia and burnout
- A framework for using functional diagnostics for the assessment of adrenal function and stress disorders

Having completed this seminar you will:

- Understand the terms stress, mental health and psychological well-being and how to assess them in your patients
- Understand how stress influences the process of disease, health and healing
- Learn how to help your patients switch from stress and confusion to calm and clarity quickly
- Become confident using and interpreting the Adrenal Stress Profile functional diagnostic test
- Learn about how the practice of mindfulness, a powerful form of mind training, can help your patients reduce stress and live with greater present moment awareness
- Learn about an innovative nutritional supplement product for facilitating the experience of alert calmness
- Gain insight into the latest in nutritional research for supporting mental health



About Dr Mark Atkinson MBBS

Dr Mark Atkinson is an integrative medical doctor specializing in personal resilience, inner development and human flourishing. He is the founder of the Academy of Coach Training and co-founder of the British College of Integrative Medicine. His books include the bestseller *The Mind-Body Bible* and also *True Happiness – Your Complete Guide to Emotional Health and Holistic Health Secrets for Women*. His website is www.drmarkatkinson.com



About Dr Nigel Abraham PhD FIBMS

Dr Abraham is a graduate in haematology from St Georges Medical School London and went on to gain an MSc from the University of Surrey. He later completed his PhD in immunology. He is a Fellow of the Institute of Medical Science and is a chartered scientist. As co-founder of IWDL, Nigel has been a pioneer of functional laboratory testing in the UK. His primary focus is on the research and development of new products and the management and delivery of Genova Diagnostics Health Education Program for the UK and Europe.

Places at this event are limited and at just £65 (student discount 20%) are bound to sell out quickly. Book early to secure your place.

To book your place please call freephone 0800 634 0276 or for more information visit our website www.nutri.co.uk