

AustralAsian Integrative & Aesthetics Workshop 2011



Speaker Abstracts and Biographies

Pamela Wartian Smith, M.D., MPH spent her first twenty years of practice as an emergency room physician with the Detroit Medical Center. She is a diplomat of the Board of the American Academy of Anti-Aging Physicians and is an internationally known speaker and author on the subject of Metabolic, Anti-Aging and Functional Medicine. She has been featured on CNN, PBS, and other television channels, has been interviewed in numerous consumer magazines, and has hosted her own radio show. She is currently the Director of the Center for Healthy Living and Longevity and the founder and Director of The Fellowship in Metabolic, Anti-Aging and Functional Medicine. Dr. Smith is also the director of the Master's Program in Metabolic and Nutritional Medicine at the University of South Florida School of Medicine. She is the author of these best-selling books, "HRT: The Answers," "Vitamins Hype or Hope," "Demystifying Weight Loss," "What You Must Know About Vitamins, Minerals, Herbs & More," and "What You Must Know about Women's Hormones." Her newest book, "Why You Can't Lose Weight," was released in May of 2011.

An Anti-Ageing and Regenerative Medicine Approach to Optimal Skin Health

The optimal health and appearance of skin is the result of several factors: extrinsic ageing (UV damage), intrinsic ageing (genetics, lifestyle), and hormonal ageing (primary oestrogen loss). This presentation intends to take an anti-ageing and regenerative medicine approach to the ageing skin and focus on both the hormonal causes and the intrinsic causes of ageing, namely, hormones, diet, and lifestyle. By taking a functional approach to the evaluation and treatment of the skin, we hope to elucidate the causation of the condition of the skin and provide targeted treatments to improve its quality. We will sequentially cover the topics of hormonal decline and the skin, understanding hormone replacement, ageing, and the skin, and key nutrients for youthful skin. We hope to provide a more comprehensive approach to treating the ageing face and skin that will provide patients with more long-lasting and youthful results.



Dr Frances Pitsilis MB BS (Mon), Dip Obst, Dip Occup Med, MACNEM, FAARM, ABAARM, FRNZCGP

Dr Frances Pitsilis developed an interest in stress and illness early in her medical career. She also has training in Occupational Medicine as well as nutrition, bioidentical hormones and natural and anti-ageing therapies.

Qualified in Anti-Ageing, Preventative and Regenerative Medicine, she has been a lecturer to health professionals in this field.

She has a private practice where she sees patients, for stress, pain, fatigue, complex / difficult conditions including hormones and other challenging health problems.

Nutrition and the skin and ageing

Skin ageing is a continuous process that is heavily determined by the combination of influences including internal or intrinsic ageing that cannot be altered, hormone status, environmental exposure (eg smoking, Ultraviolet light exposure) and diet and digestion.

Aesthetic practitioners want to obtain results from their skincare prescription and aesthetic treatments. Good nutrition and the prevention of nutritional deficiency will assist in achieving optimum results for your client.

In this lecture, we will cover each nutrient individually, and then cover some skin conditions such as Acne, Atopic Dermatitis/Eczema and herpes infection or cold sores. The wound healing paradigm needs to be

considered whenever you give a client a treatment where you expect collagen to be produced. If you do not have the ingredients of collagen production, then you will not obtain optimum results.

Although there is not extensive research on this topic, the nutrients I expect to cover will include Co enzyme Q10. Copper, Fish oils, Flavinoids, Magnesium, Manganese, Selenium, Vitamin A, Riboflavin or B2, Niacin or B3, Pantothenic acid or B5, Vitamin C, Vitamin D, Vitamin E, Zinc, Cysteine, Proline, Lysine, Arginine.

Digestion will also be discussed, as there is no point in a great diet and supplements if digestion is poor.

What to do in the clinic about dietary suggestions as well as vitamin testing and vitamin prescription programmes for optimum skin health.

As a result of poor diet and digestion, nutritional deficiencies can occur which can then influence skin health. You are not just what you eat – you are what you eat, absorb and are able to eliminate. What is good for the body in general, is good for the skin, after all, the skin is the largest organ in the body.



Ann-Mary Hromek RN. ND.

Ann-Mary trained as a nurse in the earlier 80's and after working in hospitals and private nursing studied naturopathy and became dedicated to pursuing a career in complementary medicine. She has been trained in the fitness industry and ran a busy aquafitness business in Sydney. In 1999 she commenced working with her husband in an integrative medicine clinic in Mullumbimby where they manage all health conditions with nutritional medical concepts such as diet modification, elimination and challenge diets, allergy testing and desensitizing. Intravenous and Chelation Therapy also play an important role in managing many medical conditions and Ann-Mary and Karel are both educators and practitioners specializing in this field. She has been lecturing in the fitness industry since the eighties and then joined ACNEM as a lecturer in 2000. Since that time Ann-Mary has taken on the role of Education Coordinator for all the ACNEM training programs, organising schedules, inviting lecturers and facilitating the training programs.

Eating Your Way to Youth

Food is essential to life.

What this session will explore is the role that food has in maintaining a youthful glow on the outside for all to notice as well as support the inner workings of the body.

We need fats for protection and cellular communication, we need carbohydrates for energy and we need protein for growth, development and rejuvenation. What many don't realize is that vitamins, minerals and phytochemicals from vegetables and fruit help fine tune our biochemistry so that we can be always looking and feeling vibrant and youthful.

This session will expand your knowledge of the foods that research has shown will support youth and also we will practice creating diet plans for your patients to support their need for youth.

How much fat and what type do we need? What is the best way to get energy out of our diet? Why is protein so important? Will taking a handful of pills everyday really make a difference?

Come along with your knowledge and your questions so we can explore how to really "turn back the clock" with what we eat.



April Jorgensen BSc (Biomed Sc) Adv Dip Cosm Derm Science, Cert IV Training & Asses.

April Jorgensen is the Director of the Australasian Academy of Cosmetic Dermal Science (AACDS) a registered training organisation, which specialises in education and training in the field of dermal therapies and cosmetic medicine. April commenced her career in beauty therapy in 1995 gaining an ITEC Aestheticiennes and Physiatics Diploma. After working in the beauty industry for 5 years, April decided to seek a paramedical pathway working with a Facial Plastic Surgeon, Dr Jayson Oates and then completed a degree in Biomedical Science.

Armed with many years of clinical experience and theoretical knowledge obtained from course/conference attendance and university studies, April specialises in teaching Dermal Science Theory and Practical Workshops. With a fresh, modern approach to teaching, April ensures students gain both theoretical and practical skills to be work-ready upon graduation.

Treatment of Melasma

Melasma is a common skin condition experienced by many young women in Australia. It is characterised by a symmetrical mottled pigmentation present on the face, more common in Fitzpatrick skin types III and IV. The

pathogenesis of melasma involves oestrogen and progesterone changes such as with pregnancy and contraceptives, though is exacerbated by sun exposure. Histological studies show there is an increase in the transfer of melanosomes to the keratinocytes. While melasma is considered purely a cosmetic problem, many patients are disturbed by its appearance and seek corrective treatment.

There are many treatment modalities available for melasma, however melasma remains one of the most difficult types of pigmentation to effectively treat. This is due to many factors including sun exposure, presence of dermal melanin and hormonal changes.

Suitable treatment modalities for melasma must be superficial (or confined to the epidermis) in order to avoid post inflammatory hyperpigmentation. Appropriate treatments include micodermabrasion, superficial peels, light-based therapies and topical tyrosinase inhibitors. Treatment of melasma must also take into consideration the patients hormonal status and lifestyle factors. Hence, patients may require referral to another health practitioner to establish and treat hormonal imbalances. Furthermore, patients often need re-education about sun exposure and a stringent maintenance program.



Daryll Knowles B Pharm, FAPPF, AFACP, ASCC, MPS, FAARM

Daryll Knowles is the owner of Australian Custom Pharmaceuticals, Australia's largest compounding-only pharmacy. Daryll graduated Sydney University with a Bachelor of Pharmacy (1980) and now has over 20 years compounding experience. He was a retail pharmacist for 25 years, owning 7 pharmacies. During this time he was awarded AIPM Pharmacy Manager of the Year in 1995. Daryll is also a graduate of PCCA Aseptic Techniques and Primary Training Course (Houston, Texas) and has completed the Fellowship in Anti-Ageing and Regenerative Medicine. Daryll is currently completing an Executive MBA at Harvard Business School.

Peptides : The New Generation Ingredient

The New Generation ingredients have "exploded" over the last ten years and the most exciting thing is they have generally been introduced with clinical evidence that they work. The most exciting of which is peptide technology. Deoxyribonucleic acid (DNA) is a nucleic acid that contains the genetic instructions used in the development and functioning of all known living organisms and some viruses. The main role of DNA molecules is the long-term storage of information. DNA is often compared to a set of blueprints or a recipe, or a code, since it contains the instructions needed to construct other components of cells, such as proteins and RNA molecules. The DNA segments that carry this genetic information are called genes, but other DNA sequences have structural purposes, or are involved in regulating the use of this genetic information.

Peptide technology is where small fractions of DNA or RNA proteins are used to mimic the effect of DNA or RNA. Effectively, what we are doing is making small RNA molecules that cause an effect in skin. Different sequences of amino acids cause different effects as they affect different sections of DNA in skin cells.

Some peptides that will be discussed include Acetyl Hexapeptide (anti cellulite and slimming peptide) and Butyryl pentapeptide (sunless self tanning peptide).

Synthetic peptides can open a new generation of active ingredients with a huge range of applications in the cosmetic field.



Gay Wardle Dipl in Beauty Therapy, Cert Laser Health & Safety, Certificate 1V Workplace Training & Assessment

With almost three decades of experience in the beauty industry, Gay is one of Australia's most awarded salon owners and educators. Gay is a leader in skin analysis training and educates therapists on how to use in-depth skin analysis to improve treatment results for clients and increase profits for their salons. Her courses have received acclaim around Australia from many therapists she has trained, and is a sought after speaker both in Australia and internationally.

The most important treatment you will give in your business.

When treating skin disorders you need to understand the cause of the condition to be able to determine the correct treatment process which will achieve the correct results for your client.

With the multitude of treatments and products available today, making the wrong choice could result in an undesirable outcome. If you fully understand the anatomy of the skin and how it functions and its cellular health you will be able to choose the correct protocols of treatments.

This presentation will highlight the reality of how important it is to complete a thorough skin assessment before commencement of any treatment. Historically our professional advice in the form of a skin consultation has been given away as a free service. If you can confidently diagnose skin disorders correctly you can easily justify charging for this service. In doing so your business will be enhanced and your profits will increase.

By delivering the correct desired results you will find that this will be your most cost effective form of marketing. Skin analysis equipment on the market is being purchased by therapists/aestheticians with the hope that it will do the thorough analysis of the skin. However without your knowledge and professional diagnosis such equipment will not deliver the results that you and your client need. Skin analysis equipment should be considered as tools to support your findings. You need to have thorough knowledge of the skin to be able to utilise this equipment effectively.



Professor Paul Taylor BSc (Hons), MSc (Exercise Science), MSc (Human Nutrition)

Paul Taylor is a Research Professor at The University of San Francisco, an Exercise Physiologist, Nutritionist and Neuroscientist, and former Royal Navy Aircrew Officer who has undergone rigorous Combat Survival and Resistance-to-Interrogation Training.

He is the Director of The Body-Brain Performance Institute, where he delivers Executive Performance and Leadership workshops to companies such as SAP, Google, CISCO and Accenture and in 2010, opened Australia's first Body-Brain Fitness gym, Acumotum.

In 2010 Paul created and co-hosted the Channel ONE TV series, Body and Brain Overhaul and is the creator of BioAge software, used by many Australian gyms and The Biggest Loser.

Optimising the Epigenome – Taking Control of your Genetic Destiny

In the past five years, science has been rapidly uncovering a hidden world that changes the way that connects past and future generations in ways that we never imagined possible. The science of inheritance is being turned on its head by the emergence of the field of Epigenetics.

This field has been succinctly summed up by the Nobel Prize winning Neuroscientist Eric Kandel, who stated that;

Genes are not deterministic; they do not operate in a vacuum. Genes are the servants of the environment.

By marrying the robust science of this field with new technological developments and evidence-based interventions, Paul will use case studies to introduce a new paradigm to practitioners of aesthetic anti-aging medicine – a paradigm where you facilitate your clients taking control of their 'Genetic destiny' and positively influencing not only their own health, but the health of their future generations.



Tina Henrietta E. Czech B.Health.Sci.(Clin.Derm.Th),Grad.Dip.Clin.Nutr.

Ms. Czech is a paramedical clinician specialising in tissue repair, post operative and pain management, using wholistic healing principles in combination with clinical nutrition and phototherapy. As a government registered training provider she shares her specialised knowledge and broad clinical experience through her accredited post graduate courses and innovative hands on workshops worldwide. Tina is a member of the Australian Royal District Nursing Laser Research Group for wound healing and a life member of the World Association for Laser Therapy (WALT).

The Next Generation: Non Invasive Full Depth Photo-rejuvenation of the Ageing Face & Body

Broadband IPL and laser devices utilised for photorejuvenation of the ageing face and neck are widely used within the clinical environment to stimulate collagen synthesis and eradicate benign pigmented and vascular lesions through biothermal activation. The recent development of a *single* wavelength yellow intense pulsed

light device, now enables a rapid elimination of vascular and pigmented lesions and keratoses in one treatment session.

While high powered lasers and broadband IPL phototherapy devices are considered the mainstay treatment of ageing skin, they are unable to address the progressing age related laxity of the deeper supportive and muscular tissues that determine facial and body contours.

Incorporating non thermal laser biomodulation within the interim periods yellow pulsed light photojuvenation of face and body skin, can assist in supporting increased fibroblast cell activity and collagen synthesis, with the added benefit of regenerating and tonifying the underlying muscle tissue to improve sagging facial and body contours, without risk of unwanted side effects, which will be demonstrated during the Conference Aesthetic Workshop.
