



INTEGRATIVE
VETERINARIANS
AUSTRALIA



Complementary
Veterinary
Medicine Branch
of the NZVA

2019 Pan Pacific Integrative Veterinarians Australia (IVA) and New Zealand Complementary Veterinary Medicines Branch (NZ CVMB) Conference

Cockatoo Island, Sydney, Australia
Saturday 14 and Sunday 15 September 2019



Treatment of Chronic Illness

(including Autoimmune
Disease and Cancer)

If you have an interest in integrative or holistic veterinary medicine, the **2019 IVA and NZ CVMB Conference** is an event you won't want to miss.

Register by 9 September 2019 at etouches.com/iva19



KNOWLEDGE



2019 CVMB / IVA Conference President's Welcome



Dr Cathie Harvey
IVA President

On behalf of the IVA, welcome to the first Aus/NZ Integrative Vet Conference!

We are excited to host our incredible list of speakers, including renowned practitioner and educator Sue Armstrong travelling all the way from the UK for this gathering.

These conferences have proven over the years to be a great opportunity to connect with like-minded vets, learning from each other and building invaluable relationships. We look forward to continue the growth of the community together at the unique location of Cockatoo Island, a UNESCO world-heritage-listed island in the middle of beautiful Sydney Harbour.

This is taking place on the 14th - 15th of September.

See you there!



Dr Liza Schneider
President,
Complementary Vet
Medicine Branch,
New Zealand
Vet Association

A warm welcome and thank you for being a part of our exciting and pioneering 2019 conference!

Practicing veterinary medicine with an integrative approach has incredible benefits – improved patient outcomes as well as client and job satisfaction. I love seeing the difference that vets make when they innovate and go above and beyond the call of duty, using complementary therapies responsibly and professionally to improve quality of life.

Integrative veterinary care that is applied successfully requires vets who can think outside of the square and innovate, treat others respectfully, communicate well and consider multiple factors contributing to health and well-being including the animal/s, people involved and the environment (One Health). This approach to practice makes us a useful resource to our profession as it moves into a more sustainable future.

Exciting times lie ahead for our profession if we can truly embrace the great opportunity that we have to enhance One Health. The wonderful content of this year's conference will no doubt be invaluable to help facilitate this, especially in the area of chronic illness, a growing problem in our society.

Many thanks to Sue and our other speakers for educating and inspiring us. To our conference conveners, thank you for creating such a fantastic event, we so appreciate your incredible efforts.



Convenors Welcome:

Dr Kathy Cornack and Dr Cathie Harvey (IVA, Australia);
Dr Rose Unsworth and Dr Wendy Dixon (CVMB, New Zealand)

It is with much pleasure that we present to you this year's IVA conference. This conference, which comes around only once every two years, has established itself as a "must attend" for vets, vet nurses and vet students with an interest in integrative and complementary vet medicine. This year IVA are delighted to be joining with our New Zealand counterparts (CVMB NZ) to present the inaugural Trans-Tasman Conference.

We have as our Keynote speaker Dr Sue Armstrong from the UK, supported by local Australian speakers. For the first time we are offering a full weekend conference. All of the presenters have a wealth of experience in the field of integrative and complementary veterinary medicine.

The theme of this year's conference is "chronic illness". The focus will be on chronic illnesses of all types, and we will explore both aetiology and treatment options. Chronic illnesses are becoming more common in the animals that we treat.

Often conventional treatment options are limited. Integrative and complementary medicine will expand your tool box of practical options that are available to help both the animals and their people.

This conference represents an opportunity to gain world class continuing education in the field of integrative and complementary vet medicine. In addition, we are offering a wonderful social programme, where you have the opportunity to make new friends and catch up with colleagues, all in a small group, collegiate environment with like-minded practitioners. There are opportunities to take time out for yourself to destress. The setting is gorgeous and easy to access. Wellness activities such as morning meditation and Sunday afternoon yoga class are on offer to experience.

We hope that all of this is enough to make you come along to enjoy and benefit from this extraordinary programme which we have put together for you. See you there!

The conference includes social opportunities, such as harbour side lunches and Saturday Happy Hour. It also includes wellness opportunities including optional morning meditations and Sunday afternoon yoga.



Saturday 14 & Sunday 15 September 2019 Cockatoo Island, Sydney Harbour, NSW

Keynote speakers



Dr Susan Armstrong

Sue graduated from Cambridge University School of Veterinary Medicine in the UK in 1984 with a passion to heal the animals in her charge. With an open mind and a big heart Sue started integrating holistic therapies into her treatment plans whilst working as a partner at the Towerwood Veterinary Group, one of the first practices in the UK to offer complementary therapies alongside conventional medicine.

In 2003 Sue set up Balanced Being with the vision of being able to offer truly integrated and individualised health care to both animals, and humans from birth to death, with alternative therapies being the heart of practice. In 2016 Sue opened a new human clinic at Ornhams Hall in Boroughbridge and sold the veterinary practice whilst remaining the Clinical Director.

After the life shattering statement made by the RCVS in November 2017 regarding the use of complementary therapies, Sue left practice in February 2018 as her ability to practice true integrative medicine had been compromised – a testament to her determination to be able to use alternative medicines as a first line treatment to PREVENT disease rather than seeing cases that have already been compromised by medicines that suppress illness rather than truly heal.

Sue was a founder member of the British Holistic Veterinary Medicine Association (BHVMA).

Sue has written and published many papers; as well as having lectured and consulted internationally in countries including Australia, Canada, Denmark, Finland, Switzerland, Japan and the USA as well as throughout the UK and Ireland.

She is a contributing author of Foundations of Complementary Therapies and Alternative Medicine edited by Robert Adams, plus Canine Nutrigenomics written by Jean Dodds and Diana Laverdure (2015).

Sue is author of The Little Book of Thinking Dog: Fisher King Publishing. Her latest book entitled Cancer in Animals: What is to be Cured? was published in 2016. She is currently writing a new book on the future of the veterinary profession.

Sue's extensive experiences within practice have given her a unique and thought provoking approach to the silent epidemic of auto immune disease and internal inflammatory responses.

Combine this with insights into our other killer Cancer and this becomes a conference not to miss.





Dr Edward Bassingthwaight

Edward is a veterinarian who came to a pragmatic holistic philosophy in practice through having to explore alternatives to resolve his own chronic health issues. He has a deep interest in hands-on work with animals. He offers holistic pet wellness, titer testing, & small animal veterinary care.

Edward also offers Whole Energy Body Balance (WEBB) for pets, which is a unique and revolutionary bodywork/healing system. He offers hands-on sessions for pets, and training (face to face workshops, individual training as well as online courses)



Dr Charissa Smith

Charissa has a veterinary degree from Sydney University (1969), an M Phil in Animal Science and Homeopathy UQ (2013) and diplomas in Veterinary Acupuncture, Veterinary Kinesiology, Structural Balancing and Chinese herbal medicine. She also has a Certificate in Veterinary Homeopathy. Charissa is a Reiki master and is semi-retired, working at home on her farm at Adare.

Charissa is a life member of the AVA, a member of IVA, which she helped found and the International Veterinary Botanical Medicine Association. She has completed a Master of Philosophy at UQ Gatton, researching the effects of homeopathic medicines on poultry immunology and production. She particularly promotes the research in animal herbal medicine, gut bacteria, and wildlife understanding and cattle production.

Charissa followed a life in beef cattle production and water monitoring at Barraba, Forbes, and Grafton with new land development in Esperance WA in the 1970s and 80s, she then had 15 years in small animal practice, with another 20 years in non-surgical integrated veterinary practice in Brisbane.



Dr Donna McSweeney

Donna graduated from the University of Queensland in 2001. She studied acupuncture with IVAS in 2004 and commenced her studies with the British Faculty of Homeopathy the same year. Donna has completed studies in Chinese herbal medicine, dietary therapies, and other modalities with the College of Integrative Veterinary Therapies and the Chi Institute, among others.

She currently runs a mixed practice in South East Queensland where she uses an holistic approach to diagnosing and treating all animals, great and small.

IVA (Australia) and CVMB (New Zealand) inaugural Trans-Tasman Conference 2019

Treatment of chronic illness (including autoimmune disease and cancer)

Program for Saturday 14 September 2019	
7.15am–8.00am	Meditation
8.30am–8.45am	Registration
8.45am	Welcome and house-keeping: <i>Convenors: Dr Kathy Cornack, Dr Wendy Dixon, Dr Cathie Harvey and Dr Rose Unsworth</i> <i>President's Welcome: Dr Liza Schneider and Dr Cathie Harvey</i>
9.00am–10.30am	Chronic Inflammation and chronic illness <i>Dr Sue Armstrong</i> Acute inflammation is a vital survival mechanism for living beings facilitating a rapid response to threat and repair of damage. Chronic inflammation may begin with the same cellular response as in acute inflammation, but can then persist long after the initial threat has been eliminated. The chronic inflammatory process plays a central role in many of the most difficult diseases of our time in both animals and people. This presentation looks at the mechanisms involved, the role of the extra cellular matrix in inflammation and non-drug therapies to help reduce inflammatory cycles in the body.
10.30am–11.00am	Morning tea
11.00am–12.30pm	Recent Advances in the Understanding of Cancer <i>Dr Sue Armstrong</i> This review session looks at some of the significant changes that have taken place in the conventional understanding of cancer, which has led to some radical changes in therapeutics. These changes will have a major impact on how integrative medicine is delivered and present us with new challenges for treatment and case management.
12.30am–1.15pm	Nutrition and the Microbiome and its role in chronic illness (part 1) <i>Dr Sue Armstrong</i> The understanding of the relationship between an individual and the orchestra of microorganisms living integrally with us is advancing rapidly. This brings with it new possibilities for diagnostics, prevention and treatment, which could radically change outcomes in the future for our patients.
1.15pm–2.00pm	Lunch by the harbour
2.00pm–2.45pm	Nutrition and the Microbiome and its role in chronic illness (part 2) <i>Dr Sue Armstrong</i>
2.45pm–3.45pm	Use of CBD oil in the treatment of chronic illness <i>Dr Edward Bassingthwaight</i> CBD has a broad range of therapeutic benefits and is particularly effective in reducing inflammation (which is present in most, if not all chronic diseases). CBD is safe, has minimal if any side effects, and awareness of this is growing in veterinary clients. How can we as vets advise our clients ethically?
3.45pm–4.15pm	Afternoon tea
4.15pm–5.45pm	Nutraceuticals in the management of cancer and chronic illness <i>Dr Sue Armstrong</i> Supplements sold for the prevention and treatment of cancer and chronic illness are in abundance and readily available to the public worldwide via the internet, as well as through our own clinics. Many clients turn to integrative veterinary surgeons for the knowledge on these products. This two-part presentation aims at providing the practitioner with an overview of the main products that are associated with cancer management and looks at some of the indications and contraindications for their use.
5.45pm	Closing remarks: Convenor
6.00pm	Happy hour

Program for Sunday 15 September 2019	
7.15am–8.00am	Meditation
8.45am	Opening remarks and housekeeping: Convenor
9.00am–10.00am	<p>Auto immune disease part 1a <i>Dr Sue Armstrong</i></p> <p>Autoimmune diseases form a very significant proportion of the chronic case load in daily veterinary practice for many of us and, yet many veterinary surgeons underestimate the steady rise of this group of conditions. In these two presentations Sue will explore how autoimmune diseases arise in animals and what can be done to help prevent and treat them.</p>
10.00am–11.00am	<p>Auto Immune Disease part 1b <i>Dr Sue Armstrong</i></p>
11.00am–11.30am	Morning tea
11.30am–12.15pm	<p>Use of Mushroom extract in the treatment of chronic illness: theory and practice <i>Dr Charissa Smith</i></p> <p>Mushroom extract contains 5 organically grown Japanese mushrooms and is produced by Metagenics. The extract is palatable and can easily be used in drop form for cats, as well as in larger doses for dogs. The individual mushroom actions, and case reports of the use of the complex are presented.</p>
12.15pm–1.00pm	<p>Human-animal connection in the resolution of chronic illness <i>Dr Edward Bassingthwaighte</i></p> <p>The impact of the human-animal bond can be a contributing factor in the aetiology of chronic illness in our patients. It may also be an impediment to healing. We dig into the dynamics and discuss some possible ways to overcome this in practice.</p>
1.00pm–1.45pm	<p>The use of PEA (palmitoyl ethanol amide) in the management of chronic illness: theory and practice <i>Dr Donna McSweeney</i></p> <p>PEA was discovered in 1957, and research since that time has identified the mechanisms of action. Animals produce endogenous PEA in response to chronic pain and inflammation. Exogenous PEA has proven benefits for use in treating joint pain, in addition to neuroprotective effects. Current uses include diabetic neuropathy, glaucoma, inflammatory bowel disease, eczema, neuropathic and joint pain. The research and practical clinical applications will be discussed.</p>
1.45pm–2.30pm	Lunch by the harbour
2.30pm–3.30pm	<p>Autoimmune disease part 2a <i>Dr Sue Armstrong</i></p> <p>In the second part of the presentation Sue will look at specific pathologies e.g. IMHA, IMTP, the Pemphigus complex and use cases to illustrate how these cases can be managed in practice using an integrative medicine approach.</p>
3.30pm–4.30pm	<p>Autoimmune disease part 2b <i>Dr Sue Armstrong</i></p>
4.30pm–4.45pm	Wrap up/closing remarks - Presidents/ convenors
4.45pm	Afternoon tea
5.45pm–7.00pm	Optional evening yoga session

Conference registration prices

Full conference

IVA SIG and CVMB member:	\$670
AVA / NZVA member:	\$750
AVA / NZVA students and veterinary nurses:	\$450
Non-AVA/NZVA members:	\$1500

**Registration closes
6 September 2019**
[Click here to register](#)

Saturday only (includes Happy Hour)

IVA SIG and CVMB member:	\$360
AVA / NZVA member:	\$410
AVA / NZVA students and veterinary nurses:	\$260
Non-AVA /NZVA members:	\$820

Sunday only

IVA SIG and CVMB member:	\$330
AVA / NZVA member:	\$380
AVA / NZVA students and veterinary nurse:	\$250
Non-AVA /NZVA members:	\$760

Registration includes

- Attendance to the conference
- Copy of proceedings
- Morning, lunch and afternoon tea
- Finger food and drinks provided for happy hour
- Morning meditation class Sat and Sun - complementary
- Sunday yoga class - \$20 cash pay on day
- Please advise dietary requirements when registering
- Vet Ed points Sat 7.0 and Sunday 6.5 Full conference 13.5
- Date: Saturday and Sunday 13/14 September 2019
- Success Room, Cockatoo Island, Sydney harbour
- Proudly sponsored by Blackmores, Balanced Life and Vets All Natural

Proudly sponsored by



General information



Venue

Success Room, Cockatoo Island, Sydney Harbour

Catering

The conference is fully catered, with dietary requirements catered for. Please advise requirements when booking.



Getting there

Cockatoo Island is accessible by ferry from Circular Quay and a number of other Sydney locations.

Please check out the ferry timetable at www.transportnsw.info.

Once you reach Cockatoo Island, the Success Room is two minutes from the ferry dock.



Accommodation

Book your own accommodation; either on or off the island.

Some accommodation is available on the island. There are houses and apartments for hire (two night minimum Friday and Saturday nights). Camping (glamping) on the island is also an option.

Check out details on the website www.cockatooisland.gov.au.

Alternatively, you can stay anywhere in Sydney and catch a ferry to the Island.

There is also an option to share accommodation with other delegates in the historic houses on the island. Spaces are limited and are approx \$120 pp/pn, twin share.

Please contact the convenor on contact@holisticvets.com.au to register your interest

Cancellation

Cancellations must be received in writing to the AVAWA office, Unit 4, 22 Railway Road, Subiaco, WA 6008 by 30 August 2019 or by emailing westernregion@ava.com.au. Cancellations on or before 30 August 2019 receive a full refund minus an \$80 administration fee. Cancellation after 30 August 2019 will not be refunded. Substitute delegates for the same registration category will be accepted.





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Integrative Veterinarians Australia (IVA)

A special interest group of the Australian Veterinary Association
Australian Veterinary Association WA Division, Unit 4, 22 Railway Road, Subiaco, WA 6008

T +61 (08) 9388 9600 | F +61 (08) 9388 9688 | E allison.lyons@ava.com.au | W ava.com.au

Any questions, please contact the convenor: Dr Kathy Cornack contact@holisticvets.com.au

ABN 63 008 522 852