



Friday Jan 22, 2010
The Royal Institute of British Architects (RIBA)
Portland Place, London W1.

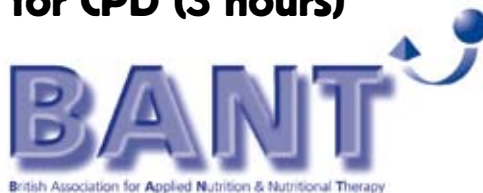
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Tackling the stress factor

**Preventing Burnout the Natural Way:
How to Protect Yourself from Chronic Disease**
In association with *Wellness Academy*

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Preventing Burnout the Natural Way: How to Protect Yourself from Chronic Disease

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08:30 Registration

**09:00 Introduction: Welcome to Health4Life
Tackling Your Stress Factors**

Are deadlines and tough targets constantly hounding you? Do you work long hours yet often can't see what you've achieved? Are you overreacting in situations and with people? Are you a people manager and finding it hard to manage yourself, let alone able to recognise the signs of stress among your workforce? Are you finding it harder to get that work-life balance? The damaging effects of stress are far reaching and chronic stress is now one of the most prevalent health problems in the western world. We may not be able to change the sources of stress in our lives, but we can better equip ourselves and others we are responsible for to deal with the fallout.

*Adele Wolstenhulme FdSc DipION BA (Hons) Dip IT Sec Man
mBANT, Director, Nutrition Consultant / Principal, Inside Out Nutrition
(UK) Ltd / Triangle International*

**09:10 Beyond the Barriers
Keynote Address Part One**

Imagine the stress of being a world-class gold-medal-winning athlete in your prime, to be struck down by chronic fatigue syndrome, and told at age 27 that you will never race again. This happened to two-time Olympian and 6x World Champion Anna Hemmings. And it seems impossible to think how a world-leading and award-winning specialist on cardiovascular health, who once broke both his legs so badly as an international footballer and told his career was over, would make a full recovery and go on to run the renowned "Fit to Manage" programme for 120 football league managers—and be sponsored by the UK Barclays Premier League. For Anna, her illness left her exhausted and aching on a daily basis, as well as physically fatigued after basic light exercise. Yet just 2 years later, and against all the odds, she bounced right back with a miraculous return to fitness, regained her world title and went on to make it a hat-trick of three world titles in a row, confirming her status as Britain's most successful ever female canoeist. Dorian is now a world leader in cardiovascular health and wellness, having won numerous national and international accolades for his work. Together they epitomize courage, achievement, and that indomitable will to overcome adversity and go Beyond the Barriers. In this unique and inspiring presentation you will hear about the success strategies that helped Anna win 6 world championship titles and how these can help you rise to the top of your chosen field. Meanwhile, Dorian discusses the health costs of stress and the dangers of losing the work-life balance. You will walk away with a clear understanding of the implications of lifestyle choices on your health, happiness, and ultimately, your performance
*Dr. L Dorian Dugmore PhD-Cardiovascular Medicine, Director / Leader, Wellness international Ltd / Fit to Manage
Anna Hemmings, 6x World Champion Female Canoeist, annahemmings.com*

Heart Health4Life

Keynote Address Part Two

Traditional "downstream" health checks diagnose and treat heart and cardiovascular disease when it appears, often when quality of life is already compromised. And for the unlucky many that suffer heart attacks and strokes, it is already too late. Chronic stress is recognised as one of the biggest risk factors alongside poor diet for cardiovascular incidents. What steps can you take to ensure you don't become a statistic?

Dr. L Dorian Dugmore PhD-Cardiovascular Medicine, President & Founder / Leader, Wellness international Ltd / Fit to Manage

10:25 The Stress Continuum: Anxiety, Insomnia, Depression and Burnout

Isn't a little bit of adrenalin a good thing? It is certainly essential to our survival, but how do we know when to take our foot off the gas and slow down? Learn how to recognise the sources, early signs and symptoms of chronic stress and stop the negative effects in their tracks—before you reach burnout.

Benjamin Brown ND, Naturopath / mUS Institute of Functional Medicine, Benjaminbrown.org

11:15 Refreshment Break

11:40 Is Stress Making Us Fat?

Are you frustrated with your body shape? Does it seem the more you "stress out" about it, the more you crave those naughty treats that seem to go straight to the places you like to hide the most? Have you tried all the fad diets in the book and still can't lose weight? Stress may well be the source of the problem. Not only does excess weight impact our self-image, but it can also be dangerous, with obesity, diabetes and heart disease spiraling out of control in the western world. Learn what can you do to prevent this happening to you from the UK's leading nutritionist specialising in women's health. Dr Glenville is also President of the Forum for Food and Health at the Royal Society of Medicine, as well as a registered nutritionist, psychologist, author and popular broadcaster.

Dr Marilyn Glenville BEd MA PhD (Cantab), The UK's Leading Nutritionist, Specialising in Female Health

12:40 Lunch

Afternoon agenda >

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13:40 Taking the Stress Out of Leadership

Leaving stress unchecked in the workplace can escalate costs for an organisation. While stress is a natural by-product of life, handling it well is a skill. In this session Sue teaches how the chemistry of stress helps us to live and work effectively, but to maintain that optimum level of performance we need to enhance the good and minimise the bad. Learn some effective strategies that will help deal with life even when it throws those curve balls and seems to burst at the seams! Sue runs a practice in Harley Street, appears regularly on television and radio, and her clients include BAE Systems, Vistage Intl & The Academy for Chief Executives.

Sue Firth BSc (Hons) MSc, Business Psychologist, Whealth Ltd

14:25 Cancer: Reducing the risk

The very word "cancer" conjures up thoughts of fear and dread. We are constantly exposed to this disease via the media, with high-profile celebrities engaging in very public battles against its devastating physical and emotional effects. But what is the up to date research on the risk factors for cancer? So how can we stop it before it starts, and better deal with it if we do fall victim? And how much is "modern-day stress" to blame? Hear the latest evidence on stress and a whole range of other critical factors, including vitamin D, antioxidants, the impact of diet and alcohol, genetics, oestrogen and testosterone metabolism, bioidentical hormones, HRT and the Pill, xenoestrogens, exercise, weight and insulin resistance.

*Dr Marilyn Glenville BEd MA PhD (Cantab),
The UK's Leading Nutritionist*

15:10 Refreshment Break

15:35 Toxic Stress: The Detox Antidote for Life

Our bodies have a tough job protecting us from degenerative conditions and the big killer diseases. Staying healthy is not an easy business, given the constant bombardment of toxins we face on a daily basis. These "stressors" come in many guises: food and drink, the environment and even how we think! And although we are designed to eliminate toxins, the sheer amount we absorb in today's society can quickly clog and acidify our systems. The result? The body can't function properly, can't heal itself, and is more exposed to developing chronic and life-threatening diseases. Learn how to prevent this downward slide into ill health and regain your vitality through regular detox.

Philippa Levinson DipION mBANT, Nutritional Therapist / Detox Manager, Detox International

16:20 Q&A Time: Interactive Panel Session

An opportunity to raise your questions and engage in an interactive debate on the hot topics covered at this unique event.

*Dr. L Dorian Dugmore PhD-Cardiovascular Medicine, President & Founder / Leader, Wellness international Ltd / Fit to Manage
Sue Firth BSc (Hons) MSc, Business Psychologist, Whealth Ltd Benjamin Brown ND, Naturopath / mUS Institute of Functional Medicine, Benjaminbrown.org
Philippa Levinson DipION mBANT, Nutritional Therapist / Detox Manager, Detox International
Dr Marilyn Glenville BEd MA PhD (Cantab),
The UK's Leading Nutritionist*

17:00 Sum-Up & Closing Remarks

Adele Wolstenhulme FdSc DipION BA (Hons) Dip IT Sec Man mBANT, Director, Nutrition Consultant / Principal, Inside Out Nutrition (UK) Ltd / Triangle International

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Organised by



SPEAKER BIOGRAPHIES



Dr. L. Dorian Dugmore PhD-Cardiovascular Medicine, President and Founder, Wellness international Ltd / Fit to Manage

Dr. Dorian Dugmore has been working in Cardiovascular Medicine and Wellness for 30 years and has written extensively on health, exercise and heart disease. In 1997 he joined forces with Adidas UK to pioneer a new concept in Preventative Medicine and Wellness at the adidas UK headquarters. The adidas for LIFE programme has received World and European Best Practice Awards for Corporate Wellness.

Dorian has worked with several other blue-chip companies in the UK, including Schwarz Pharma and Allied Dunbar, one of Britain's largest insurance companies and co-sponsors of the first National Fitness Survey. His background includes over 17 years' experience working within education, teaching at primary, secondary and university levels. His doctoral research conducted within the UK specialised in cardiovascular medicine and focused on the rehabilitation of post heart attack patients. It was subsequently published in the prestigious journal *Heart* (April, 1999).

In 1992, Dorian moved to Toronto, Canada, to become the programme director of one of the world's leading centres in cardiac rehabilitation. He was subsequently invited to join the National Canadian Cholesterol Council as their specialist in "Exercise Medicine". During the following four years he was appointed as Co-Chair of the International Committee for the AACVPR (American Association of Cardiovascular and Pulmonary Rehabilitation). This group were pioneers in forming the first multi-disciplinary World Council for Cardio Pulmonary Rehabilitation and Dr Dugmore is currently its Secretary General.

In 1973, Dorian pioneered a cardiac rehabilitation scheme within the Dudley Health Authority, England. This led to the formulation of Action Heart, a national charity. He served for a number of years on the National Coronary Prevention Group Panel for Cardiac Rehabilitation in the UK and was a prime mover in the formulation of both the British and European Associations of Cardiovascular Rehabilitation. In addition Dorian was the Vice-President of the international organisation Heart Friends Around the World.

Dr Dugmore is one of the first British citizens to be awarded a fellowship to the AACVPR for his outstanding work in cardiovascular medicine. At the beginning of 1999, he was invited to join the Medical/Scientific Advisory Council for the IHRSA Institute on Exercise and Health. In March 2000, under Dorian's leadership, the adidas Wellness Centre received the IHRSA Wellness Best Practice Award for Europe. And in 2005, the work of Wellness International has been recognised at the Sunday Times 100 Best Companies Awards, which resulted in adidas receiving the 5 Star Health and Safety Award from the British Safety Council. Dorian has also been a board member of the European Society of Cardiology's working group on Cardiac Rehabilitation, Exercise Physiology and Sport Cardiology.

Dr. Dugmore has earned numerous awards for his work, including an MEB Heart of Britain Award, recognising his contribution towards improving quality of life within the community. He has been featured on British Television a number of times and recently in a documentary on the Tonight with Trevor McDonald Programme, focusing on stress, heart disease and football league management and BBC's Working Lunch anchored by Adrian Chiles, focusing on the health of Chief Executives. As a sportsman he has achieved similar success, playing and coaching soccer at the highest level, which included four consecutive international appointments as Great Britain's Coach to the World Student Games soccer team. During the year 2005 he completed his 20th marathon in London, chaperoning the British Minister of Sport, Richard Caborn.

He is an active member of Vistage International (the largest world organisation for chief executives) and is also a board member of the World Economic Forum for Corporate Wellness. Dorian has completed unique research on senior high-profile executives in Canada and the UK significantly reducing their cardiovascular and lifestyle risk. He is currently leading a unique research project on the cardiovascular health of the UK's football league managers and has helped pioneer the first UK University Master of Science Degree in Wellness and Preventative Medicine.

Dorian's dream is to see specialist centres for disease prevention and rehabilitation around the world.

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Anna Hemmings, 6x World Champion Female Canoeist, annahemmings.com

Anna Hemmings is Britain's leading female marathon canoeist and current World Champion. In her career to date she has notched up an incredible 11 World and European Championship medals, 9 of them gold!

Anna first broke into the top flight of the sport in 1997 when, at the age of just 20, she won the European Championship. In 1999 she successfully defended her European crown, before going on to win the Marathon World Championships – becoming the youngest ever competitor to do so. Anna is also the first-ever British female canoeist to win both European and World titles. She also participated in the Sydney Olympic Games in 2000 where she competed in the 500m singles discipline. The following year Anna really made her mark at the Marathon Canoeing World Championship when she became only the second person in the history of the sport to win both the singles and the doubles Marathon World titles.

However, Anna's glittering reign of gold was brought abruptly to a halt in 2005 by chronic fatigue syndrome. Medical experts told her she might never race again. Despite following a series of failed treatments Anna refused to give up and in September 2004 'reverse therapy' changed her fortunes and brought her back to health. By February 2005 Anna was finally able to resume training again. She went on to win a clean sweep of National, European and World titles. After successfully defending her world title in 2006, Anna went on the following year to make it a hat-trick of three World titles in a row. Anna's achievements were recognised at the 2005 *Sunday Times Sports Woman of the Year Awards* where she won the *Champions Award*.

Anna is now sharing her experiences and knowledge with a wide range of audiences, ranging from CEOs and business delegates from global companies to school children, and has had enormous success in inspiring, motivating and maximising the potential of all she works with.



Dr Marilyn Glenville BEd MA PhD (Cantab), The Natural Health Practice

Dr Marilyn Glenville PhD is the UK's leading nutritionist specialising in women's health. She is President of the Forum for Food and Health at the Royal Society of Medicine, a registered nutritionist, psychologist and an author and popular broadcaster who obtained her doctorate from Cambridge University.

As a popular international speaker and respected author on women's healthcare, Dr Glenville gives regular talks on radio and frequently appears on television and in newspapers and magazines, including *The Sunday Times*, *The Guardian*, *The Daily Telegraph*, *The Independent*, *The Observer*, *Top Santé*, *Women's Own*, *Positive Health*, *Women's Health* and *Good Housekeeping*.

With her special interest in the female hormone cycle, Dr Glenville works with women who suffer menstrual problems such as heavy and painful periods, PMS, fibroids, PCOS and endometriosis, and who wish to work on a nutritional approach to these problems. Dr Glenville also helps couples that are having difficulty conceiving or having recurrent miscarriages.

She is the author of 8 internationally bestselling books, including *Fat Around the Middle*, *Osteoporosis – the Silent Epidemic*, *Natural Solutions to Infertility*, *Overcoming PMS the Natural Way*, *Healthy Eating for the Menopause* and *The Nutritional Health Handbook for Women*. Many of Dr Glenville's titles have become standard reference books for practitioners and have sold over 500,000 copies—translated into over 20 languages. Most recently she was awarded 'The Best Nutrition Health Writer Award' at the Institute of Optimum Nutrition (ION) Awards that followed 'The Nutritional Needs of Mankind 2009 Nutrition Conference' in April 2009.

Dr Glenville runs busy practices in a gynaecology clinic in London and Tunbridge Wells, and frequently conducts workshops in the UK and internationally, including for The Royal Society of Medicine, National Osteoporosis Society, NSPCC, The Royal College of Surgeons, The Hale Clinic, Women in Banking, The Institute for Optimum Nutrition, Barclays Bank, Foresight (The charity for pre-conception care), and American Association for Environmental Medicine.

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Benjamin Brown ND, Naturopath / mUS Institute of Functional Medicine, Benjaminbrown.org

Benjamin Brown, a Member of the U.S. Institute of Functional Medicine, obtained his Diploma of Applied Science in Naturopathy in 2001 from the Academy of Natural Therapies Australia where he was awarded excellence in Nutrition.

Benjamin has a combination of clinical, technical and educational experience. During his career he has worked in Education and Technical Research for Metagenics, a global leader in natural medicine. Benjamin has lectured to thousands of health care professionals on natural medicine throughout Australia, New Zealand and the UK, developed patient management programs, authored many articles for the Journal of Metagenics Australia, Health Options, CAM Magazine and for the e-newsletter of Nutri, a leading manufacturer and distributor of professional natural medicines in the UK. Benjamin has also guest lectured at Southern Cross University, Australian College of Natural Medicine, Perth Academy of Natural Therapies, UK College of Naturopathic Medicine and BCNH - UK College of Nutrition and Health. He worked in product research and development for Metagenics and has been a consultant for Nutri. Throughout his career he has maintained clinical naturopathic practice.

Benjamin keeps abreast of advances in the field of natural medicine through regular attendance at conferences and through leading scientific journals. He integrates traditional and modern medicine and utilises safe therapeutic practices such as tailored dietary programs and evidence-based natural medicines in his approach to patient care. Promoting optimal health and managing complex chronic diseases are Benjamin's personal interests and passions.

Benjamin practices from Mother Nature Clinic in Queens Park, London.



Sue Firth BSc (Hons) MSc, Business Psychologist & Stress Expert, Whealth Ltd

Sue Firth is a Business Psychologist with 20 years' experience in helping executives understand the causes of negative stress, while providing strategies for stress management to help executives maintain effectiveness in the workplace.

Sue is a member of the British Psychological Society and the International Stress Management Association and is a highly acclaimed international expert and keynote speaker on stress and stress management. She regularly runs bespoke corporate and open programmes, workshops and seminars.

As a Psychologist Sue has developed a number of skills, principally observation and analysis of human behavioural patterns and throughout the course of her work she enables people to increase self-esteem and confidence by removing negative thoughts and changing long-held self-belief traits. Her style is engaging, motivating, sensitive and down-to-earth. Her refreshing approach and techniques are unsurpassed. Susan helps individuals and businesses become more productive, purposeful, successful and profitable.

Sue works with a number of high-profile clients, including Legal & General Assurance, Sun Microsystems, Vistage International and The Academy for Chief Executives. She is in the unique position of not only speaking to Chief Executives regularly about her subject but is a member of the Academy for Chief Executives and that gives her an incredible insight in to the everyday issues that Executives face.

She is a regular print and broadcast media contributor. Published articles and features have appeared in ILM Magazine, Edge Magazine, Psychologies Magazine and on Radio 4.



Philippa Levinson DiplON mBANT, Nutritional Therapist / Detox Manager, Detox International

Having spent 13 years working in the direct marketing industry, Philippa Levinson retrained as a nutritional therapist in the late 1990s. Her motivation for this change in direction was driven by her own experiences of the benefits of nutritional therapy. She had been ill with ME for many years and it was only through working with an inspirational doctor in Sydney that she learnt first hand the benefits of detoxifying the body and supporting it with the right balance of nutrients.

Having regained her own health, Philippa plays a key role in running detox retreats in Spain for Detox International. She has since been involved in driving the company's expansion, by helping to train new franchisees in Canada and South Africa. Philippa also runs a successful practice in Edinburgh where she works with clients with a wide range of health issues. Her specialist areas are fertility, ME and stress management.

In addition to her clinic work, Philippa lectures at the college at which she trained, the London-based Institute of Optimum Nutrition, and also trains practitioners on behalf of BioCare—one of the major nutrient supplement companies in the UK.

Philippa is inspired by helping other people benefit from rebalancing their bodies through detoxification and nutrient support, from both a physical and mental perspective. This is particularly true for those clients presenting with fertility issues or who have suffered with ME or Chronic Fatigue Syndrome for many years.

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Adele Wolstenhulme FdSc DiplON BA (Hons) Dip IT Sec Man mBANT
Nutritional Therapy Council & NHS Directory Registered CAM practitioner
Director / Principal, Health4Life, a subsidiary of Inside Out Nutrition (UK) Ltd / Triangle International

Adele Wolstenhulme has 15 years' experience in the diverse fields of journalism, consumer research, event planning, and more recently, in the health and wellness sector. In 2008 she set up her second London-based business, Inside Out Nutrition (UK) Ltd, to build on her professional qualification in Nutritional Therapy & Applied Nutrition. This followed 4 years' study and intensive clinical training at the renowned Institute for Optimum Nutrition (ION) in London. Adele later founded Health4Life, a subsidiary of Inside out Nutrition, to demonstrate a passionate commitment to helping more people prevent lifestyle-related diseases. To this end she is currently working on a number of events to target specific needs — Corporate, Individual and Performance — with award-winning health professionals and stress experts in a bid to reach greater audiences. She will also be appearing on Sky Sports' Soccer AM in the coming months alongside ex-professional footballer and cardiovascular specialist Dr Dorian Dugmore to present a light hearted series on sports nutrition and the modern game of football.

Adele also continues to engage in private practice. As an ION-trained practitioner, she has met the strict criteria required for Nutritional Therapy Council (NTC) registration - the Professional Standards Council for regulation of Nutritional Therapists, and is registered on the NHS Directory of Complementary and Alternative Practitioners for GP referrals. Adele is also bound by a strict code of ethics in clinical practice, governed by the British Association of Nutritional Therapy and Applied Nutrition (BANT). In Summer 2009, Inside out Nutrition also won the coveted contract to run the prestigious BANT AGM, Conference & Exhibition. Adele is currently consulting with the government-recognised national organisation on raising awareness of nutritional therapy among the general public, and improving the public image of nutritional therapy within the media.

In 2007 Adele founded her first consulting and events company, Triangle International, following 10 years' experience with Euromoney Institutional Investor as editor-in-chief of market-leading travel-retail trade title Travel Retailer International and director of events. During her tenure with Euromoney Adele also co-founded a global consumer research joint-venture company, RFH Consumer Insight, which boasted a blue-chip brand and retail client base, including Unilever, Cadbury, Chanel, Diageo, Estee Lauder Companies, Heineken, Kraft Foods, Nestle, L'Oreal, Hugo Boss, The Nuance Group and Duty Free Shoppers (DFS Group). Based in San Francisco for two years as senior vice-president business development, Adele worked directly with the president and CEO to help manage over 30 shopping and buying behaviour insight studies for major consumer and luxury goods brands. Having retained the services of such blue-chip clients, Triangle continues to service a wide range of clients within the travel-retail industry.

In 2008 Triangle was engaged as lead consultancy on the largest-ever airport insight research study on travelling consumer shopping and buying habits. The "Listening to the Global Consumer" project spanned 32 locations worldwide and included specific questions to better understand the shopping and buying behaviour of different nationalities around health & wellness foods/beverages (including organic) and related products.

Throughout her career Adele has chaired meetings and been a regular speaker at several key events in the travel-retail calendar around the world. Her career in journalism took off in 1994 when she won the coveted Barnett Janner Travel Scholarship in Politics Award to work as a freelance reporter in the townships of Johannesburg and Durban in post-Apartheid South Africa.

For further details please contact programme director:

Adele Wolstenhulme FdSc DiplON BA (Hons) Dip IT Sec Man mBANT Nutritional Therapy Council & NHS Directory Registered CAM practitioner,
Director / Principal, Health4Life, a subsidiary of Inside Out Nutrition (UK) Ltd / Triangle International
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In association with Wellness Academy

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ADMINISTRATION DETAILS

Registration Fee: The registration fee includes entry to the Health4Life event, lunch, plus morning and afternoon refreshments. PLEASE NOTE: The registration fee does not include travel expenses. The full amount for the event must be paid upon receipt of the registration form.

Cancellations: Cancellations received in writing before January 4th will be refunded in full less an administrative charge of £25. We regret that cancellations cannot be accepted thereafter. Substitutes are acceptable at any time. PLEASE NOTE: It may be necessary for reasons beyond the control of the organisers to alter the content or the timing of the programme.

Enquiries: Please address all enquiries to Anouska Forte, Events Organising Team, Health4Life, a subsidiary of Inside Out Nutrition (UK) Ltd

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