

Tackling the stress factor



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

Friday Jan 22, 2010, The Royal Institute of British Architects (RIBA)
Portland Place, London W1. In association with **Wellness Academy**

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 24 that you will never race again. This happened to Britain's leading female marathon canoeist 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 has since made it a hat-trick of three World titles in a row, confirming her status as Britain's most successful ever female canoeist.

Dorian 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. Anna's achievements were recognised at the 2005 Sunday Times Sports Woman of the Year Awards, where she won the Champions Award. Be inspired and learn how "possible" it is to take control of your own health, even when the odds are firmly stacked against you.
*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, kkk1ja ZfkYbYgcf

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 Natural Health Practice

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 Cancelling Out Cancer

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. 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?

Katie Sheen FdSc DipION mBANT, Nutritional Therapist / Cancer Support Consultant, Soul Nutrition

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, www.timeforwellness.org

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

Katie Sheen FdSc DipION mBANT, Nutritional Therapist / Cancer Support Consultant, Soul Nutrition

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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