

Primary Modules in Nutritional & Environmental Medicine (NEM)

Thurs 20 - Sun 23 November

The Primary Modules in NEM, designed for GPs, registrars, specialists and other graduate healthcare professionals, is ACNEM's 'flag-ship' foundation training in Nutritional and Environmental Medicine. The modules will be delivered over 4 days face-to-face followed by 2 months of online access for further revision and completion of assessment tasks.

These modules provide practical, evidence-based post graduate medical training in NEM, covering the key nutritional, environmental and biochemical factors affecting health and well-being. The course will provide you with new and improved treatment approaches to many conditions seen in primary care, with guidelines and practical tools for immediate integration in clinical practice.

4 days face-to-face



Course Topics

- Introduction to NEM
- Vitamin C and other antioxidants
- Gastrointestinal conditions
- Nutritional biochemistry
- Allergy
- Mental health
- Cardiovascular disease
- Low stress diet
- Paediatrics
- Migraine and other headaches
- Men's health
- A - Z of hormones
- Female hormonal problems
- Cancer
- The sensitive patient
- Chronic fatigue syndrome
- Arthritis - inflammation and pain
- Heavy metal toxicity
- Thyroid and adrenal disease
- Metabolic syndrome

Thyroid & Adrenal Conditions Thu 20 & Fri 21

A to Z of NEM Sat 22 & Sun 23



Do you have patients whose serum TSH is normal but they also present with a range of hypothyroid symptoms? Do you have patients who complain of fatigue that is not relieved by sleep?

This module will investigate the biochemical and physiological processes behind the symptoms of clinical and sub-clinical thyroid and adrenal conditions. This practical evidence-based NEM approach to thyroid & adrenal conditions includes HPA physiology and dysfunction and the nutritional approaches to managing adrenal fatigue and thyroid disease. Discussion of available pathology tests, clinical signs and symptoms, and specific nutrient and dietary recommendations will assist with the development of a comprehensive treatment protocol for your patients.

2 days face-to-face



Join a dynamic group of expert ACNEM Fellows and lecturers who have all successfully integrated NEM into general practice. This module is especially designed to follow on from the Primary Modules and will deepen your understanding of NEM. Through case history presentations and small group problem solving sessions we will explore detailed history taking, pathology testing and treatment options for many presentations that are common to clinical practice. In addition to the usual array of pathology testing, we will consider specialised urine, blood and stool testing to support diagnosis and show how and when to use these tests. This highly practical workshop will expand your understanding of NEM and give you the confidence to develop treatment options and improve patient outcomes.

2 days face-to-face



Next face-to-face ACNEM Training Adelaide 14 - 15 March, 2015

- Primary Modules in NEM
- Metabolic Conditions, Diabetes and Cardiovascular Disease
- Allergy, Autoimmune & Dermatological Conditions