

Brain Enhancing – An overview of nutrients used in Eastern & Western cultures shown to be effective in the treatment of mental health disorders.

Presenter: Dr. Odette T. Reader DC, CTA, PTSTA
Doctor of Chiropractic (Canada)
Provisional Training & Supervising Transactional Analyst

Statistics reflect an epidemic of chronic disease including chronic pain, depression, anxiety & mood disorders, to name a few. Conventional approaches to the treatment of chronic disease, including mental health issues, are not without side effects, ranging from non-compliance or ineffective, to severe drug reactions (including rebound effects) and life taking.

New medical research seeking the best practices of both orthodox and non-orthodox ('alternative') medicines has brought together Eastern and Western cultures, to investigate the efficacy of specific nutrients on the neurotransmitters of the brain.

With the appreciation that "our brains are the most powerful, yet most fragile organ system" (Lombard, J. *Assistant Clinical Director of Neurology NY Presbyterian Hospital*) the role of nutrients and nutrition, in the treatment of brain disorders, is now becoming standard in many treatment protocols.

This workshop will introduce participants to published peer-reviewed, evidence-based nutritional protocols, of both Eastern and Western cultures, which have been shown to be effective in the management of many mental health conditions, by enhancing brain function. Contra-indications, drug reactions and interactions will also be discussed.

From this introduction, participants will have a basic grounding to consider embracing a variety of treatments protocols, including basic nutritional advice and supplementation, and / or, incorporate such allied (alternative) health professions as Chiropractic, Naturopathic, Homeopathic, herbalists (Chinese & Ayurvedia) into the future management of their patients with chronic disease, including mental health issues.

Dr. Reader is the Founding Executive Director of two health centres. The *Reader Chiropractic Centre* (Estab. 1985) one of the largest multi-disciplinary health care centres in Australia, providing health care for private patients as well as WorkCover / Comcare / DVA and motor vehicle accident injured patients. Her Centre is also part of the teaching faculty for both chiropractic and medical students.

Dr. Reader is also the Founding Executive Director of the *Centre of Integrative Transactional Analysis Psychotherapy* (Estab. 2003). CITAP provides accredited training in counselling and psychotherapy (Dip & Adv Dip Transactional Analysis CTA) and Supervision. She also runs a private practice in psychotherapy and counselling, and is a Registered Supervisor with the Australian Counselling Association.

Dr. Reader brings to her work an understanding of the 'mind-body' connection. 'What the conscious will not acknowledge the body will express'. As well as her in-depth knowledge of the human body, Dr. Reader has a special interest in both the physiology and the psycho-social aspects of chronic pain. She has studied nutrition for many years and incorporates its principles in her work as a chiropractor and psychotherapist, utilising the principles and philosophy of 'drugless' health care by improving nutrition.

Dr. Odette T. Reader DC, CTA, PTSTA
Doctor of Chiropractic (Canada)
Psychotherapist – Certified Transactional Analyst
Psychotherapy & Counselling Federation of Australia Reg. No. 020151
Prov Training & Supervising Transactional Analyst (WPATA)
Reg. Supervisor Australian Counselling Association

16 Salisbury Hwy
Salisbury SA 5109
AUSTRALIA

P (08) 8281-0911

F (08) 8285-7702

M 0411289869

E oreader@bigpond.net.au

readerchiro@optusnet.com.au

W www.citap.com.au