

CNELM 10th Anniversary Conference

‘Good Science : Good Practice’

10th September 2011 - 9.30am – 5.30pm

Cavendish Conference Centre, 22 Duchess Mews, W1G 9DT

Ticket price £75.00

Includes lunch, refreshments and goody bag

Poster Presentations

Students and Practitioners will be presenting innovative and highly relevant findings from their research during breaks.

**Book your place today at www.cnelm.co.uk/conferencebooking.html.
The conference will be available to access on line after the event.**

Supported by

BioCare[®]



Professional Supplement Specialists



At CNELM, we believe that our society needs science-based personalised healthcare: this means healthcare where practitioners can consider the individual in front of them, not simply select a therapeutic agent based on the average member of the diseased population. We believe personalised medicine is more than using genetic tests to choose

the most appropriate intervention; it should be tailored to the individual at the point of delivery: bespoke, methodologically rigorous and alter multiple clinical variables. Above all, we believe in evidence based personalised healthcare: where interventions are science based and efficacy can be statistically validated.

Nutritional therapy has evolved into a personalised healthcare approach that designs bespoke nutritional interventions which aim to address biochemical imbalances. Our approach is undeniably science based, but it has evolved without a statistical clinical evidence base. There are trivial reasons for this, such as lack of resources, finance and expertise; however, there are deeper reasons: the 'single-agent for a named disease' approach of evidence based medicine – typified by RCTs – has limited application to nutritional therapy, and more appropriate techniques have not historically been available.

These concerns have now become pressing: European legislation has significantly impacted how a nutritional therapist can promote their services to the public, and how they can communicate their recommendations to clients. We need to produce a clinical evidence base to deal with this threat, and we have no excuse for delay: more appropriate techniques are now available.

It is widely recognised that medicine must become more person-centred. As the single agent for a named disease paradigm collapses, nutritional therapy can lead from the front, and our profession can become the ideal test bed for a person-centred paradigm. But we can do more than this: we can seize the historical moment, and become instrumental in the development of evidence based methodologies for personalised healthcare, and move the profession into a central position in mainstream medicine.

At **CNELM**, we have built collaborations with computer scientists specialising in the new generation of techniques, and with testing laboratories to use their historical data; we have also developed a methodological approach to personalised evidence based medicine ideal for nutritional therapy. However, we now need the nutritional therapy community to join the collaboration.

This conference will explain how you can become involved. Firstly, by using clinic management software that securely collects anonymised client history and test data. Secondly, by learning how to perform the first stage of **CNELM's** research methodology: the Mechanism Review. We will also explain how Mechanism reviews and the client database can be elegantly integrated in advanced techniques to provide us with a clinical evidence base.

Leading educators and practitioners contributing to this conference are in support of a new person centred research paradigm for nutritional therapy. Throughout the day some presenters will demonstrate how they have applied current evidence based methodologies and others will demonstrate using new methodologies.

The CNELM 10th Anniversary Conference

'Good Science : Good Practice'

will be the first step towards the goal of a clinical evidence base for Nutritional Therapy, and we would be delighted if you could join us at the start of this vital collaboration.

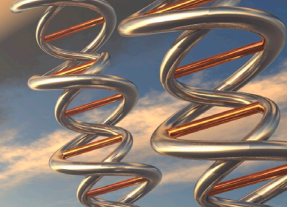
As **Dr Alex Concorde** presenting on the highest intentions for a profession states:

"The time to get informed is NOW! The time to get involved is NOW!"



The CNELM 10th Anniversary Conference

'Good Science : Good Practice'



08.45 Registration

09.00 - 09.30 Poster Presentations

09.30 -11.05 Functional Medicine & the Person Centred Paradigm

Introduction	Kate Neil MSc MBANT NTCC
Remit for the day	Dr James Neil BSc Hons PhD
Person Centred Nutrition: Building Bridges with Mainstream	Kate Neil MSc MBANT NTCC
Person Centred Medicine:Genetics.....	Val Bullen BSc Hons MSc CBiol FHEA
Person Centred Medicine: Epigenetics	Dr Sue McGinty MSc PhD FBANT FRSPH MIFST
Placing Functional Nutrition at the Core of Nutritional Therapy practice	Lorraine Nicolle BA MSc MBANT NTCC
Nutritional Therapy and New Paradigms in Evidence Based Medicine	Dr James Neil BSc Hons PhD

11.05 Break

Poster Presentations and Clinic Aid

11.25 - 13.15 Research in Practice

MYMOP a Complementary Therapy Auditing Tool.....	Emma Stiles BSc Hons MBANT
MYMOP in Nutritional Therapy Practice	Dian Shepperson Mills BA MA DiplON Cert Ed MBANT
Sulphation: Practice Options & Guidelines	Michelle Barrow BSc Hons, MSc, QTLS MBANT
Researching Clinical Efficacy: A Homocysteine Study	Jacqueline Young, MPsychol, MSc, FHEA, MBANT, NTCC
Medically unexplained and functional disease.	David Beales RCP(UK) MRCGP DCH DRCO Dip Psych
Weaning: Quantitative Methods in Nutritional Science.....	Amanda Moore BSc Hons MSc DiplON MBANT
When Randomised Controlled Trials don't Work	Dr James Neil BSc Hons PhD
Parkinson's disease and Clinical Research.....	Lucille Leader DiplON MBANT

13.15 Lunch

Poster Presentations & Clinic Aid

14.15 - 15.30 A New Evidence Based Paradigm for a Person Centred Approach

A New Evidence Based Paradigm for a Person Centred Approach.....	Dr James Neil BSc Hons PhD
A Mechanism Review in Practice: HCl & Obesity	Sian Jeffery BSc Hons HND
BIOLAB Data: Application to Population Health and Novel Research Approaches	Mark Howard HND
Computer Science and the Clinician	Dr Gavin Brown BSc Hons PhD
Laboratory Collaboration: First Steps in a New Paradigm	Dr James Neil BSc Hons PhD

15.30 Break

Poster Presentations and Clinic Aid

16.05 - 17.00 Taking the Profession Forward

Your Client's data from anecdote to evidence	Dr James Neil BSc Hons PhD & Graham Mills BSc Hons
Building a Research Culture is not our Unique Problem	Prof. Sonia Williams MBE PhD BDS MDS FFFPH, RegPHN Nutr Dip ION MBANT NTCC
Clinical Audit and Integrating Reflective Research into Reflective Practice.....	Jacqueline Young, MPsychol, MSc, FHEA, MBANT, NTCC
Defining Highest Intentions for the Profession	Dr Alex Concorde BSc Hons MBBS PhD MBA FCMI FRSM
Personal Perspectives on the Growth of our Profession.....	Kate Neil MSc MBANT NTCC

17.00 Conference Ends

Poster Presentations and Clinic Aid until 17.30

The CNELM 10th Anniversary Conference

'Good Science : Good Practice'



Sulphation: Practice Options & Guidelines in Nutritional Therapy Practice NTP and Poster Presentation

Michelle Barrow BSc Hons, MSc, QTLS MBANT.

Michelle will present on her MSc research project which systematically identified, evaluated and appraised the effectiveness of dietary and nutritional strategies employed to improve sulphate status. Interviewing industry experts allowed for immediate utility of the information and created a useful starting point for further research. Combined with surveys of practitioners and systematic reviewing of the primary research the triangulation of data has helped to define best-practice solutions for the management of sulphate deficiency in NTP.

Michelle is the Deputy Head of Education at the Centre for Nutrition Education and Lifestyle Management (CNELM). Michelle achieved a first class degree in Nutritional Therapy validated by Middlesex University (taught at CNELM) and a work-based learning MSc in Evidence- Based Practice in Nutrition from Middlesex University in collaboration with CNELM. She is qualified to teach in the lifelong sector and has achieved qualified teach status. She is External Examiner for the University of West London (Nutritional Therapy degree) and is on the accreditation committee with the Nutritional Therapy Council.

Medically unexplained and functional disease: Physiological and functional disturbance explained. Life style education leads to self responsibility and recovery.

David Beales RCP(UK) MRCGP DCH DRCO Dip Psych

'Stress' leading the individual/organisation beyond a limit of tolerance, with associated anxiety, creates reduced performance and functional syndromes and so-called 'medically unexplained symptoms (MUS). David will present on the importance of general and nutrition practitioners needing to learn the language of stress and how clients present this to them. Language such as 'I am sick to death of my work' 'why doesn't he give me a break' 'I'm so overloaded I could cry' suggest too much sustained pressure for too long. Randomised trial evidence demonstrates that offering an empowering explanation that relates to their life situation and evidence based strategies help them create again an 'observing self' is able to restore good choices and physiological self regulation.

David trained to Senior Registrar level in Rheumatology at Guys' and Kings College Hospital, then became a GP in Dulwich and Cirencester taking the lead in Research and Development at Phoenix Surgery for 24 years. Over time his clinical approach has been to separate functional dis-ease from pathology and founded a charitable trust to offer education and support.

He established Stay Well 75 – www.staywell75.co.uk which remains an active case finding programme. In 2000 he established a career in Behavioural Medicine and became Chief Medical Officer for the Bristol Cancer Help Centre. He trained in Cognitive Behavioural Therapy, Solution Focussed Therapy, Hypnotherapy, Mindfulness based cognitive behavioural therapy, and biofeedback with emphasis on identifying dysfunctional breathing using capnography. He is medical advisor to CNELM and is an independent medical practitioner. He authored Emotional Healing for Dummies and offers Mind-Body Medicine www.mindfulphysiology.co.uk and www.emotionalhealing.com

Computer Science and the Clinician

Dr Gavin Brown BSc Hons PhD

Gavin will introduce a technique from computer science called feature selection that is directly applicable to the kind of data that can be collected from the clients of nutritional therapists. He will demonstrate how the purpose and results of this technique can be easily understood, with a hypothetical healthcare example.

Gavin is based at the School of Computer Science, University of Manchester. He currently holds a Manchester Career Development Post. His PhD in 2004 won the British Computer Society Distinguished Dissertation Award. This is the highest honour for UK PhD graduates, jointly awarded by the BCS and the Council of Professors and Heads of Computer Science. Gavin has published over 20 academic papers on various topics including ensemble methods, machine learning theory, evolutionary computation, feature selection, neural networks, and adaptive compilers

Person Centred Medicine:Genetics

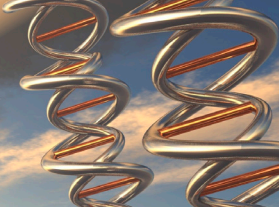
Val Bullen BSc Hons MSc CBIOL FHEA

Val will review some of the startling findings from the Human Genome Project before considering the impact of the other genomes that will contribute to the individuality of any particular person and so need to be considered when aiming for a personalised approach to health care.

Val is currently the Principal and CEO of The Institute for Optimum Nutrition. She was for many years at the University of Westminster where, as a biomedical scientist specialising in immunology, in which she has a Masters, she became Associate Head of School and then developed the first ever degrees in a range of Complementary Therapies. Her current research interest is in PNI (psychoneuroimmunology). She obtained a First Class Honours degree more than 30 years ago from the University of Edinburgh in Epigenetics, a term coined by Professor Waddington then Head of Department at the University.

The CNELM 10th Anniversary Conference

'Good Science : Good Practice'



Defining Highest Intentions for the Profession

Dr Alex Concorde BSc Hons MBBS PhD MBA FCMI FRSM

A vision is not a strategy! Talking is interesting; but without sustained subsequent action, also largely futile. In other words: paradigms do not change themselves! Our profession has a vision: now it's time to get strategic. We are at a critical juncture. Right now, professionals who provide 'individual' services risk being regulated into oblivion by an unyielding, un-informed, myopic view of medicine based on 'populations'. Right now, in the full-face of 'lowest-common-denominator standardisation', it is probable that only a toehold of the exponentially-growing body of knowledge & expertise that could foster phenomenal advances in mechanism-informed medicine... will ever result in actual clinical gains. However right now, managed correctly, a realistic window of opportunity is also emerging – one in which it is possible for therapeutically-effective systems & clinically-valid approaches to be rendered 'mainstream', under a new Person-Centric Paradigm. For this to happen, we must now shift away from the pathology endemic within our own profession (of constant, fractionated reactivity + welcome, but fairly pointless, random endeavour), to a globalised, strategic, fully-systematised, properly-structured, cohesive approach. Creating better understanding of the nature of 'evidence', and changing the 'evidence paradigm' are crucial massive domains of activity within a unified initiative towards fundamental, far-reaching change. The time to get informed is: now. The time to get involved is: now.

Dr Alex Concorde is Director of Policy & Strategic Development at Concorde Medica. For the past 22-years, she has developed a completely new system of Specialist Individual Medicine & Applied Psycho-neurology / Psycho-neuroendocrinology (PNEI). This is informed by a new theorem which makes it possible to determine the 'configuration' of dominant mind/mind-body/body mechanisms at play in a given individual's own presentation, and treat them accordingly – with precision, speed and absolute relevance. More widely, Dr Concorde is highly-regarded as a 'Strategic Architect' - devising & leading challenging-change initiatives which radically reform/transform complex, entrenched systems. Given the current pressures on our profession, she has recently switched from patient- to project-work to lead an international, collaborative initiative to change the current dominant paradigms within Health, Medicine & Human Development – along with facilitative change within the professions and at the point of practice. Concorde Medica's current strategic imperative is to: (a) Create a unifying system of practice for Medical/Health Professionals, based on Person-Centric Principles, (b) Promote a Person-Centric, Value-Based Healthcare System, (c) Communicate New Opportunities for R&D/Wellness/Health. Please: get informed (www.concorde-medica.com), and get connected (www.concorde-connected.com)

BIOLAB Data: Application to Population Health and Novel Research Approaches

Mark Howard HND

Mark will be presenting data demonstrating the significance of micronutrient & toxic metal measurements recorded at BIOLAB over the last quarter of a century and the potential application of this data to the health and wellbeing of the general population. He will discuss the benefits of disseminating this information more widely and utilising the data in new and novel ways.

Mark was a founding member of BIOLAB, a clinical laboratory specialising in nutritional and environmental medicine, established in London in 1984. He spent many years working in the laboratory and also had overall responsibility for the computer systems and development and maintenance of the "BIOLAB Database", a unique repository of over 4 million individual measures of micronutrient and toxic metal levels from the UK population. Mark has collaborated in research and the publication of many papers based on the work of Biolab and has a special interest in toxic metals and gut dysbiosis. He became Managing Director of Biolab in 2007 and now spends most of his time working in a management and marketing role for the laboratory. He continues to develop the BIOLAB results database and collaborates with researchers and other laboratories working in this field.

A Mechanism Review in Practice: HCl & Obesity and Poster Presentation

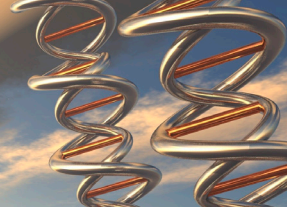
Sian Jeffery BSc Hons HND

Sian will give a short presentation on her innovative BSc research project which is a mechanism review of the potential link between low stomach acid and obesity. Sian will focus on the process of producing the mechanism review and discuss how this style of research fits with the concepts of the functional medicine model positioning health at the intersection of genetic, environmental and lifestyle factors. Sian will offer direction on how this research may be developed further in the future, introducing the idea of students working collaboratively to produce complex networks of dysfunction and disease.

Sian is a recent BSc Hons Nutrition Science graduate from the Centre for Nutrition Education and Lifestyle Management (CNELM). Sian's key area of interest is obesity and much of her work has been focussed in this area.

The CNELM 10th Anniversary Conference

'Good Science : Good Practice'



Parkinson's disease and Clinical Research

Lucille Leader DipION MBANT

Lucille states that Audit and published Clinical Research are vital aspects for the credibility and future survival of Nutritional Therapy as an acceptable, scientifically-based discipline within the general healthcare system. In this presentation about Parkinson's disease, Lucille's approach to these features, as part of her practice, are presented.

Lucille is the Nutrition Director of the London Pain Relief and Nutritional Support Clinic at the Highgate Hospital in London, which includes a pioneering, specialized department for the multi-disciplinary management of Parkinson's disease. Due to her academic approach as a clinician, international lecturer, author of books and journal publications, she has been responsible for bringing international recognition to Nutritional Therapy as an adjuvant discipline within the multidisciplinary, medically-led team which supports patients with Parkinson's disease. As a "highlighted, invited speaker" presenting Nutritional Therapy for Parkinson's disease patients at the prestigious Second World Parkinson's Congress in Glasgow, in 2010, she appealed for collaborative research between clinicians and the establishment of an international database for the recording of the biochemical aspects underlying Parkinson's disease. She is an author and co-author with Dr Geoffrey Leader (Director of the London Pain Relief and Nutritional Support Clinic) of six successful books on Parkinson's disease and on medical collaboration for nutritional therapists www.denorpress.com Lucille and Geoffrey Leader received the PRO "Quality of Life Award for Parkinson's" in the USA and Lucille was also awarded the CAM "Outstanding Practice Award" in the UK.

Person-centred medicine: Epigenetics

Sue McGinty MSc PhD FBANT FRSPH MIFST

Ten years on from the publication of the first draft of the human genome, Sue will look at how our expectations from decoding the black book of life have changed and how the potential of 'epigenetics' is just now being appreciated. She will also briefly chart the use of direct-to-consumer nutrigenetic testing and the issues that this has raised in terms of regulation.

Sue is presently Vice Chair of the Nutritional Therapy Education Commission which will shortly be setting competencies for using genetic information in functional nutrition practice. Sue has a Master's degree in food safety and a doctoral degree in nutrigenomics and health promotion. She has been a nutritional therapist for over ten years, having graduated from the Institute for Optimum Nutrition in 2000.

MYMOP in Nutritional Therapy Practice and Poster Presentations

Dian Shepperson Mills BA, MA, DipION, Cert Ed MBANT

Dian will be presenting the use of a specialized database – Clinic Aid to record MYMOP 2 information in order to monitor and manage data from clients attending the Endometriosis and Fertility Clinic anonymously. MYMOP 2 designed by Dr Charlotte Paterson is specifically for use by Complementary Therapists. The tool allows recording and tracking of patient improvements over the duration of their nutrition intervention. Clinic Aid has other features including tracking a 'To Do' list and accounting facilities. Dian will discuss how they are able to collect statistical data to use for various condition groupings to that the efficacy of interventions can be monitored and accurately reported at world conferences. Dian will discuss the need to monitor clients using clinical audit methodology and will present poster presentations during breaks demonstrating her use of this tool.

Dian sees clients on a one to one basis for nutrition counseling and has worked with thousands of women suffering from endometriosis and fertility problems. She is Founding Chair of the Nutrition Special Interest Group for the American Society of Reproductive Medicine and member of the European Society for Reproduction and Embryology. She is Chair of Endometriosis SHE Trust (UK) and Governor of the Institute for Optimum Nutrition. Her research interests include women's health issues, (endometriosis, sub-fertility (in male and female), polycystic ovary syndrome and menopause). She has published several papers, abstracts and book chapters and has given lectures to scientific societies in Europe, the USA, Asia, Australia and South America. Dian is an Advisor to the International Endometriosis Association Headquartered in America and as such has links to the EA groups worldwide.

Clinic Aid in Practice

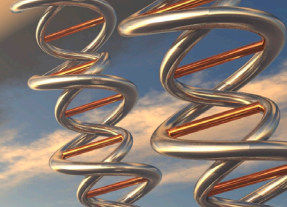
Graham Mills BSc Hons

Graham will share the stage with Dr James Neil in an afternoon session to demonstrate the clinical utility of Clinic Aid in Nutritional Therapy practice with a particular focus on its research capacity.

Graham has been designing and developing databases since 1980 at the University of Sussex Computing Department. He has drawn on his background as a systems analyst and programmer to develop and fine tune the Clinic Aid database over the past eight years. Further developments to Clinic Aid are envisaged to accommodate future research objectives to help validate complex nutrition interventions.

The CNELM 10th Anniversary Conference

'Good Science : Good Practice'



Weaning: Using Quantitative Research Methods in Nutritional Science

Amanda Moore BSc Hons MSc DipION MBANT

Amanda will be presenting her recent MSc research from Kings College London. Her talk will focus on the role that quantitative methodologies can play in both population-based and person centred healthcare research using specific examples from her project on weaning.

Amanda has a first science degree from Nottingham University and recently completed an MSc in nutrition at King's College London. She qualified as a nutritional therapist in 2001 at ION. She has run a busy practice for many years and has a special interest in women's health. She works as a nutrition consultant for many businesses in the UK and abroad, is a ghost writer for nutrition books, runs seminars and writes articles.

Person Centred Nutrition: Building Bridges with Mainstream

Kate Neil MSc MBANT NTCC

After introducing the day Kate will set the scene by giving the first presentation. Person Centred Healthcare is an emerging paradigm in mainstream medicine mostly in context of Pharmaco-genomics. Person Centred diagnosis is at the heart of the Functional Medicine paradigm. Kate will explore different interpretations of Person Centred Healthcare and how this relates to Person Centred Functional Nutrition and the Functional Model. Kate will pay particular focus to the pressing need to establish a robust evidence base to justify bespoke nutritional interventions an approach that is as relevant to medicine as it is to nutritional therapy. Within this context Kate will aim to clarify the differences between nutritional therapy and dietetics with the view to defining nutritional therapy as a distinct profession. Kate will close the day with a final presentation to share her personal perspective on the growth of the profession.

Kate is Managing Director and Head of Education at the Centre for Nutrition Education & Lifestyle Management (CNELM). She developed and leads the BSc Hons Nutritional Therapy and BSc Hons Nutritional Science taught at the Centre and validated by Middlesex University. Kate has developed postgraduate programmes and a new MSc in Person Centred Nutrition due to start in Jan 2012 (subject to validation by Middlesex University). Kate is Editor of The Nutrition Practitioner journal first published in 1999 which is now freely accessible online <http://www.cnelm.com/NutritionPractitioner/> Kate has maintained a nutrition practice throughout her academic career. She authored Balancing Hormones Naturally, frequently contributes articles to journals and chapters for books and is a regular conference speaker. Kate received the 2004 CAM Award for Outstanding Contribution to the Nutritional Therapy Community.

Nutritional Therapy and New Paradigms in Evidence Based Medicine

James Neil BSc Hons PhD

After giving the remit for the day, James will be giving a number of short presentations throughout the day that will introduce CNELMs new approach to developing the evidence base for Nutritional Therapy. In the morning sessions he will cover what is possible within the current paradigm of evidence based medicine, and then talk about the limitations of this paradigm. Later in the day he will introduce the CNELMs new approach, explain what can be done with existing laboratory data, and in conjunction with Graham Mills show how every nutritional therapist can contribute towards developing the clinical evidence base for the profession.

James is the Research Director of the Centre for Nutrition Education & Lifestyle Management. He is Programme Leader for the new MSc in Person Centred Nutrition starting in January 2012 (subject to validation by Middlesex University). James received his BSc and PhD in computer science from the University of Birmingham; the latter focused on Statistical Machine Learning (SML) models of genetics and evolution. After his PhD he worked applying SML techniques in industry: developing new artificial intelligence algorithms for computer security at ProCheckUp Ltd, designing automated robotic controllers for Ocado's automated warehouse, tracking derivatives markets at Deutsche Bank, and designing computer vision systems for ArgentVive Plc. Since 2008 he has been Research Director of CNELM, applying SML techniques to the problem of developing a clinical evidence base for Nutritional Therapy. James is Programme Leader for the new MSc in Person Centred Nutrition starting January 2012 (subject to validation).

Placing Functional Nutrition at the core of nutritional therapy practice

Lorraine Nicolle BA MSc MBANT NTCC

Following on from two presentations about the importance of genetics and epigenetics, Lorraine will contextualize these issues within the Functional Nutrition framework of patient care. She will then elaborate on the Functional approach by explaining the fundamental principles of the model. Drawing on her own qualitative research, Lorraine will raise some of the key issues that surround the use of the Functional model in nutritional therapy practice.

Lorraine has an MSc in Nutrition and Chronic Disease and practices nutritional therapy in London. She has developed and taught on a variety of undergraduate and postgraduate nutrition and health-related degree programmes, including at the University of West London and Greenwich University. She is currently teaching at the Centre for Nutrition Education and Lifestyle Management. In addition to this, she provides nutrition advice to businesses as part of their employee welfare programmes. She also researches, writes and delivers nutrition CPD seminars and briefing papers for healthcare practitioners, on behalf of a commercial nutrition company. She is co-editor-author of the well-reviewed nutrition book Biochemical Imbalances in Disease and is currently co-authoring a companion book to be published.

The CNELM 10th Anniversary Conference

'Good Science : Good Practice'



MYMOP a complementary therapy auditing tool

Emma Stiles BSc Hons MBANT

MYMOP was devised by Dr Charlotte Patterson of Exeter university after years of research into auditing in a clinical situation. MYMOP is a patient-generated, or individualised, outcome questionnaire. It is problem-specific but includes general wellbeing. It is applicable to all patients who present with symptoms, and these can be physical, emotional or social. It is brief and simple to administer. During this presentation Emma will discuss its uses, strengths and weaknesses and its potential use as a research tool within your own clinic.

Emma had an early interest in food and cooking which led to a career as a highly qualified chef. Her interest in food took her to studying the Nutritional Therapy degree at the University of Westminster. She owns her own Food-Facts Nutrition consultancy providing talks, lectures and group sessions about nutrition, alongside private practice, and has worked with school cooks & catering managers, childminders, charities and companies. She also has a small practice in Camberley, Surrey and practices privately at the University of Westminster Polyclinic. She is module leader for the BSc (Hons) Health Sciences: Nutritional Therapy pathway. She is senior clinic supervisor working with level 4 & 6 students and is clinic leader for level 4. She was chair of the British Association for Applied Nutrition and Nutritional therapy for 5 years, helping to forward the industry into public recognition.

Building a Research Culture is not our Unique Problem

Professor Sonia Williams MBE PhD BDS MDSc FFPH RegPHNut Dip ION MBANT NTCC

Sonia will be tracing the development of the dental profession with particular reference to the origins and progress of a research culture in dentistry and oral health, in order to draw out comparisons with the challenges currently faced in nutritional therapy. By comparing and contrasting the two disciplines in these respects, areas will be highlighted where lessons could be learned to be applied to benefit nutritional therapy in the future.

Sonia is a research consultant at the Northern College of Acupuncture, where she also teaches on the MSc Course in Nutritional Therapy. After a career in academic dentistry, Sonia is now Emeritus Professor in oral health services research at the University of Leeds. Previously she was an honorary NHS consultant in dental public health, Director of a WHO Collaborating Centre for research into oral health, migration and inequalities and Programme Leader for dental undergraduate courses and postgraduate degrees. She has published more than 80 articles in peer reviewed journals. Having been awarded Dip ION in 2004, she is now completing the MSc in Nutritional Medicine at the University of Surrey. She was awarded the MBE in 1999, partly in recognition of her work in raising awareness of and initiating dental services in paediatric oncology and partly for her body of research highlighting oral health needs of minorities in the UK and overseas.

Researching Clinical Efficacy: A Homocysteine Study; and Integrating Reflection into Practice and Research

Jacqueline Young, MPsychol MSc FHEA MBANT NTCC

Jacqueline will be describing how functional tests can be used in research to evaluate the clinical efficacy of nutritional protocols. She will use her recent research on the efficacy of a nutritional supplement designed to lower homocysteine as an example of how collaboration with functional laboratories and supplement manufacturers can support independent research. Reflective Practice is a cornerstone of many health professions but is still evolving within Nutritional Therapy. Jacqueline will suggest ways that reflective practice can be used to inform and enhance clinical practice as well as to develop research-mindedness and research activity. Jacqueline is Senior Lecturer, Health Related Subjects at the University of Wales.

She was previously the course director for the MSc Nutritional Therapy at the Northern College of Acupuncture and is a module leader and lecturer at Middlesex and Bedfordshire Universities. She has supervised undergraduate and postgraduate research and is currently researching the facilitation of engagement for students with learning differences with a research grant from the Higher Education Academy. Jacqueline is a member of the Nutritional Therapy Council's Accreditation Committee and an external examiner at two colleges offering Nutritional Therapy programmes. She is researching the teaching of Reflective Practice as part of a Teaching Fellowship she was awarded in 2010. She has maintained a clinical practice for over 20 years.