

This CAM Conference will take you through a series of lectures that follow the theme of how probiotics can be used throughout life and in different areas of life.

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'Understanding IBD, and how probiotics can help'

Peter Cartwright



Inflammatory bowel disease (IBD) is a malfunction of the gut immune system that has increased in prevalence in the UK over the past 50 years, with about 150,000 people currently affected. The condition usually starts in young adults and there is no cure. Randomised control trials with probiotics have shown benefit in one of the main IBDs (ulcerative colitis), but not in the other (Crohn's disease). New evidence about the microflora in people with Crohn's gives hope for future relief by probiotics. Peter will give a clear introduction to IBD, and describe the latest news on probiotic benefits.

'Wet surfaces, probiotics and immune tolerance - a clinical conundrum - resolved'

Michael Ash



The practitioner today has two current strategies - that of bacterial colonisation and the subsequent use of probiotics as a non specific mechanism for attempting to manipulate the ratios of commensal and pathogenic bacteria colonies. Or, specific immunological strategies in which the organism is selected based on strain specificity and condition being treated. Inevitably the two have a cross over - but what to use and when? This presentation will help the practitioner place immunology in context and provide a clear approach to decision making.

'Probiotics for the Older Generation'

Professor Ian Rowland



Ageing is associated with changes in the gut microflora and a decline in the effectiveness of the immune system (immunosenescence) which may underlie the increased incidence of gastrointestinal disorders, such as diarrhoea, constipation and colon cancer, as well as greater susceptibility to respiratory tract infections. Ian will describe the developing body of evidence from well-conducted, placebo-controlled trials that certain probiotics can reduce the risk of these conditions and in some cases alleviate symptoms.

'Probiotics in Pregnancy'

Natasha Campbell-McBride



In the last few decades we have generations of people with abnormal gut flora and the damage can get deeper with every generation. As the mother passes her bodily flora to the baby at the time of birth, many babies acquire abnormal gut flora from the start, which later leads to many health problems. Dr Natasha Campbell-McBride will talk about the importance of gut flora and probiotics in pregnancy and childhood with practical steps to make sure that our babies acquire healthy bodily flora from the start.

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