BEAT THE BUGS
Artemisia annua and Complimentary Herbs

Zac Bobrov
Technical Director, InterClinical Laboratories

About this webinar
Seasonal changes, travel, exposure to new environments, and low immune function all contribute to a susceptibility to microbial overload and compromise health.

Microbial overload can have systemic repercussions and may underlie many significant health conditions. Bacterial, parasitic, fungal and viral infiltration may contribute to physiological dysfunction, tissue destruction and could influence the triggering of autoimmune processes. Prompt and targeted intervention with antimicrobial herbs may significantly improve clinical outcomes by helping to reduce microbial load.

Antimicrobial herbs have a long history of use, including traditional treatment of colds, flu and infections. Constituents of these herbs, such as berberine from goldenseal and allicin from garlic, have been identified as having antibacterial, antifungal, antiviral and antimicrobial actions which may have significant clinical application.

Artemisia annua has been used in Traditional Chinese Medicine for thousands of years. An infusion of the leaves was used to help treat colds and flu, fever, dysentery and diarrhoea, and recent research indicates that Artemisia annua and its constituent, artemisinin, have multiple actions that are invaluable to the practitioner.

Artemisia annua and its complementary herbs have a rich history of use in the support of healthy immune function and work together to assist the natural process of reducing microbial load. To add to the traditional understanding of these herbs, new evidence is available on the antimicrobial power of these herbs and how they can be combined as an invaluable resource in a practitioner’s arsenal.

From this webinar you will:
• Expand your knowledge of Artemisia annua and other antimicrobial herbs used in modern and traditional practice
• Understand the constituents responsible for the bug-beating power of Artemisia annua and complimentary herbs
• Get ahead with current information on the interplay between potent antimicrobial herbs
• Improve clinical outcomes and broaden your scope of practice with herbal medicine for clients who travel

About the presenter
Zac Bobrov
Technical Director, InterClinical Laboratories

Zac has been a prolific educator and researcher in nutritional and environmental medicine for over 20 years. He is one of Australia’s leading specialists in the field of tissue mineral analysis and is the Technical Director for InterClinical Laboratories.

Zac is a knowledgeable and entertaining speaker with a unique ability to translate complex concepts into easily understandable treatment protocols. Zac is a renowned presenter who has lectured at numerous natural medicine conferences over the years.
BRAIN BOOST

**Bacopa monnieri and Complimentary Herbs**

Zac Bobrov
Technical Director, InterClinical Laboratories

**MONDAY 20 JUNE 2016**
7:00PM

**About this webinar**

Cognition is directly affected by the health of the nervous system, and increased stress can contribute to a feeling of “brain fog” or mental fatigue. This “fog” is characterised by difficulties with concentration, memory recall, problem solving, perception and decision making, and can cause significant frustration and concern.

Stress is a natural response to boost performance when an individual is under increased physical or mental demand. Multiple physiological processes attempt to ensure a swift return to homeostasis, but what happens when these processes are overwhelmed? Prolonged or excessive stress increases demand on the central nervous system, and has been shown to have direct impact on systemic health and wellbeing. Patients often present with acute and chronic stressors that can contribute to feelings of “fogginess”, forgetfulness, poor focus, scattered thoughts, and mental fatigue.

*Bacopa monnieri*, commonly known as Brahmi, is used in Ayurvedic medicine as a nerve and brain tonic to assist with memory, learning and concentration. New and updated information is emerging on *Bacopa* and the herbs it can be combined with to effectively assist in the support of healthy brain function and stress response, and to help in the reduction of symptoms such as nervous tension and poor cognition.

**From this webinar you will:**

- Deepen your knowledge with up-to-date information on *Bacopa monnieri* and complimentary herbs to support healthy cognition, mental clarity, and memory.
- Understand the constituents responsible for the mentally calming and rejuvenating effects of herbs.
- Become adept at using herbs that may assist in the support of concentration, memory, and mental and emotional wellbeing.
- Learn strategies on how to improve clinical outcomes for patients suffering from lack of focus and poor memory recall.

**About the presenter**

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