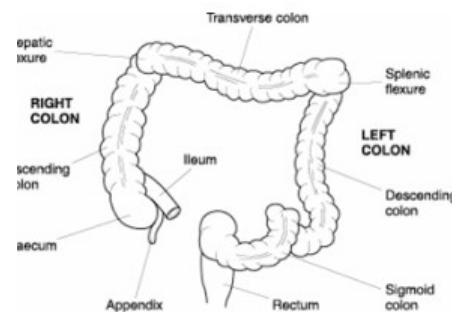
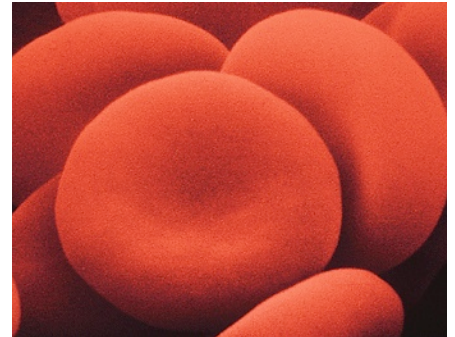
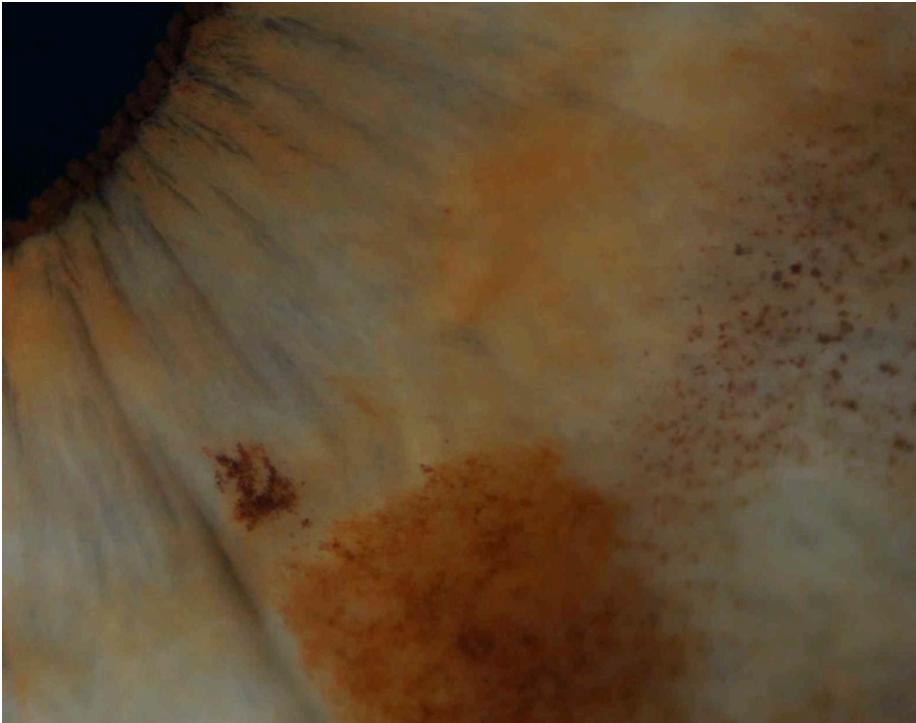


Friday 22nd January 2010, 10 am - 4.30 pm, London W1

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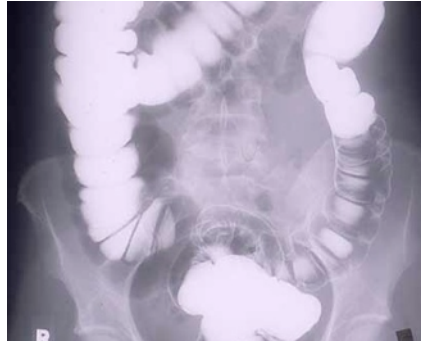
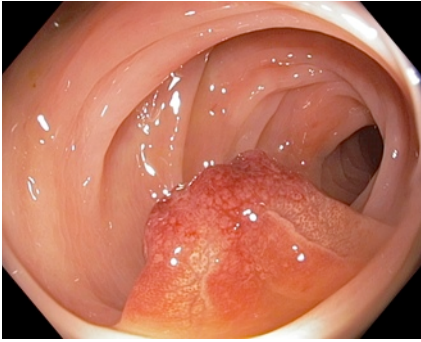
## Optimal Gastrointestinal Function & Integration - A Modern Dynamic Approach incorporating Modern Iridology

With this exciting new seminar we will look at how we can assess the type of gastrointestinal dynamics involved and how other body systems or organs or environmental factors plus stress can impact upon these. We will also highlight which are the main signs on the iris, tongues, nails, skin & blood for GI conditions and the various naturopathic treatments indicated which can support colonic therapy, reflexology with other therapies and vice versa. The seminar will be lavishly illustrated by John Andrews with informative, instructional images and illustrative case histories which will deliver a raft of practical tips & advice in this area.

The interactions between the gastrointestinal system, endocrine, immune, respiratory, limbic and metabolic systems will be highlighted and the links clearly explained to enable enhanced confidence to and competence in the practice of managing and resolving gastrointestinal imbalances, whether you are a student, practitioner or layperson.

### Topics to be covered

- Stress & the digestive system - psychoneuroimmunology
- Blood Groups & the GI system
- Liver in GI health
- Hypothalamus -gut--brain interface
- Functional Nutrition
- Endocrine system & GI function
- Blood sugar Imbalance & GI function
- Tongue analysis & the GI system
- Classical & modern iridology research & the gastrointestinal system
- Fingernail analysis relating to nutrition & the digestive system
- Herbal medicine, homotoxicology & other therapies for GI system
- Adjuncts to colonic therapy
- Intestinal Immune System
- Modern detoxification protocols
- Lymphatic system & GI interface
- Emotional Causes for GI conditions
- Endoderm link between the GI & respiratory & endocrine glands



Today, there are many different natural medicine-based treatment protocols and approaches aimed at optimal gastrointestinal health, which many of us are aware of. However, modern iridology combined with other approaches helps us to enhance the preventative and individualized treatment advice and protocols both in the short-term and long-term.

Classical iridology knowledge determines that we can identify reflex areas (topographical zones in the iris) for the different elements of the digestive organs, but with new and dynamic modern iridology research & clinical understanding, we can combine the classical approach with a more refined, more specific, yet practical assessment of the gastrointestinal system for the individual and that can impact on other areas & systems. In all manner conditions and gastrointestinal diseases such as constipation, intestinal dysbiosis, liver congestion (minor hepatic dysfunction), gall bladder concerns, inflammatory bowel diseases, autoimmune bowel conditions, duodenitis, ulcers, haemorrhoids, irritable bowel syndrome (IBS), nutritional malabsorption, etc we need to identify the root individual cause of the problem and how we can make practical steps to bring that back into balance on every level, including physical and emotional health.

From the basics we also need to integrate information on the potential influence and information recorded about the individual in the blood type, tongue, modern iridology & classical iris and other eye signs, nutritional biochemistry, dried blood analysis, nails, symptoms and then we advise people appropriately or take the optimal approach for our own prevention or condition. It is important that we always look at all aspects of gastrointestinal health in an integrative approach combining a full spectrum of diagnostics and potential therapies.

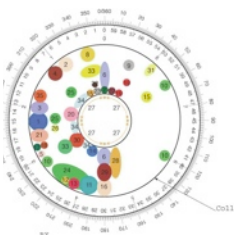
When faced with a lot of gastrointestinal, digestive system-related concerns with patients we need not be overwhelmed; but need to apply a complete analysis with as many clinical tools as possible at our disposal. It is not solely with gastrointestinal problems that we need to work, but we must remind ourselves that the balance of the gastrointestinal system can have such a profound influence on many other systems of the body and specific conditions including:

- The hormonal system
- Mood & depression
- Anxiety
- Inflammatory conditions
- Chronic Fatigue Syndrome
- Liver health
- The Immune system
- Cardiovascular health
- Ears, nose & throat disorders

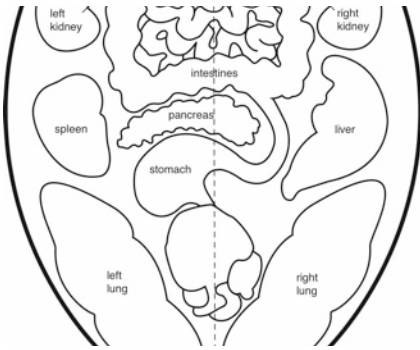
With all GI disorders the practitioner needs to look at how important stress & adaptability, or a lack of, to emotional trauma or life events is to optimal gastrointestinal health. The often overlooked of the hypothalamus and the HPA Axis has a central role here - we need to look at what has been termed as the “gut-brain interface” and the importance of this finely-balanced network.

In addition to this, intestinal dysbiosis (imbalance of the negative coliform bacteria or intestinal flora), the endocrine system of the intestines, the role of the hippocampus, psychoneuroendocrinoimmunology (PNEI), blood sugar imbalance, healthy liver function, the impact of diet & functional foods, blood types, tongue signs, blood analysis, functional tests, the activity of the cell and potential disruption of the cellular Krebs' or citric acid cycle and the role of the extracellular matrix and lymphatic system and we can identify imbalances and thus bring forward practical treatments for these.

**The aim of this seminar to give all participants practical clarity, confidence and competence with working with the gastrointestinal system and new dynamic information and insights to complement existing skills & knowledge-base.**



**THIS SEMINAR SUITABLE FOR ALL - ALL ARE VERY WELCOME** This seminar will be suitable for all interested parties, students, practitioners and patients. Iridologists, colonic therapists, nutritionists, herbalists, GPs, osteopaths, kinesiologists, homeopaths, PNEI-researchers, counselors & those working with the gastrointestinal system in many other capacities can all benefit from the information contained in this seminar.



During this seminar we will cover all of the aforementioned elements plus the following areas:

- Anatomy & Physiology - New research reveals exciting genetic and functional links
- The role of stress of emotional dynamics on the gastrointestinal system
- Intestinal Immune System
- Modern Herbal Medicine & the gastrointestinal system - treatment for many of the most often encountered conditions for practitioners & patients, incorporating nutrition, homotoxicology & PNEI work
- Classical Digestive System Iris Topography
- New Iris Research & the Gastrointestinal System
- The Impact of Dysglycaemia (erratic blood sugar levels) on gastrointestinal health)
- The Importance of Hormonal Balance for the Gastrointestinal System
- The liver in gastrointestinal health
- Signs & Symptoms of Gastrointestinal Imbalance
- Intestinal Dysbiosis & Symbiosis - Bacterial balance & the intestines
- Intestinal Detoxification Protocols
- Tongue Analysis Signs & the gastrointestinal system
- Fingernail signs & the gastrointestinal system

**Modern Herbal Medicine & the gastrointestinal system** - treatment for many of the most often encountered conditions for practitioners & patients, incorporating nutrition, homotoxicology & PNEI work, based on John's **extensive clinical experience**. We will cover many **herbal medicines** such as *Coleus forskohlii*, Turmeric, *Plantago lanceolata*, *Arctium lappa radix*, adaptogens, medicinal mushrooms such as *Grifola frondosa*, Triphala, Beetroot, *Hydrastis* (Golden seal), *Mahonia*, liver & gall bladder herbs, immuno-modulatory agents for the gastrointestinal system like *Usnea*, *Andrographis* and many others. In addition to **modern homeopathic or homotoxicology combinations** or single remedies with the most pertinent types of **functional nutritional support** for many **modern gastrointestinal conditions** such as fatigue, inflammatory conditions, diarrhea, loose motions, constipation, IBS, autoimmune Crohn's & ulcerative colitis, gastric ulcers, duodenal ulcers, intestinal dysbiosis & symbiosis.

**Modern Iridology** adds to the existing knowledge of classical iridology & the topography of the gastrointestinal system involving the collarette in the iris helps to explain the following:

- The root cause of a condition and in particular the root causes leading to a gastrointestinal condition
- The best form of individual support
- Individual biochemical tendencies
- Individual abilities
- Genetic family medical history
- Emotional & physical experience and tendencies
- Potential for functional reaction
- Clarification for the practitioner to ask and direct the right type of question pertinent to the individual in question
- Confirmation of or comparison for clinical or other visual testing methods
- Explanation of the psycho-neuro-endocrino-immunological dynamics



**John Andrews** is an international lecturer & author specializing in modern research and practice involving the immune, endocrine & gastrointestinal systems, plus how stress & emotional dynamics interact with our level of potential health. He is the author of over seven iridology text books and currently has books pending publication on Chronic Fatigue Syndrome and one on Modern Herbal Medicine. He is also the author of 20 Modern Iridology Instructional CDs, over 20 iridology & endocrine research papers & is in practice in Beverley East Yorkshire. His pioneering and positive work has been recognised with three international iridology awards from Brazil in 2004, Italy in 2005 & USA in 2007., including the Ignatz Von Peczely Award & International Iridologist of the Year 2007. John is renowned for his highly detailed, informative presentation material & inspired content lavishly illustrated & delivered with accessibility and practical application for all.