

ICrA Health Talk Series

Patients expect practitioners, no matter their discipline, to be conversant with chronic health conditions, medical controversies and different therapeutic approaches. When receiving referrals from or making referrals to other healthcare professionals, it is important to be conversant with biomedical and a wide range of therapeutic models. For this reason, the ICrA is offering five series of monthly health talks on the themes of: health priorities, medical controversies, chronic health conditions, different therapeutic approaches and environmental aspects of health.

The cost to members of attending the whole of Series 1 monthly talks is £100 or £25 for each talk. For non-members the cost is £150 for the whole of Series 1 or £35 for each talk. Attendance certificates will be issued. Talks will be recorded for those that may be unable to attend.

Please let Brian know on brianeisbell@gmail.com if you are interested in attending the whole of Series 1 or which of the topics of this series you would like to attend.

Series 1: Health Priorities (June to December 2022)

- 18.06.22 A Healthy Lifestyle – what are the essentials?
- 16.07.22 Supplementation – is it necessary for health?
- 17.09.22 Water – why is it such an important nutrient?
- 15.10.22 Fasting - does it have a place for healthcare in 21st century?
- 12.11.22 The Microbiome – what is its role in health?
- 10.12.22 Fats versus Carbs – which is the safer?

Series 2: Medical Controversies (January to June 2023)

- Type 2 Diabetes – how can it be managed?
- Cholesterol - is it such a hazard to health?
- Dementia – is it possible to prevent its onset?
- Superfoods – how do they enrich the diet?
- Milk and dairy products – more harm than good?
- Detoxification – is it possible to reduce the burden?

Series 3: Chronic Health conditions (July to December 2023)

- Chronic Fatigue Syndromes – how can we reduce their impact?
- Obesity – what are the causes and consequences?
- Autoimmune diseases – how can we reduce the risks and symptoms?
- Irritable Bowel syndrome – how can we prevent or reduce the symptoms?

Menopause – what are the symptoms and how can they be alleviated?
Thyroid function - how can it be strengthened?

Series 4: Therapeutic approaches (January to July 2024)

Physical health for all – why is it so important?
Traditional medical systems – are there lessons for today?
Herbal Medicine – what are the medical and holistic approaches?
Homeopathy – how can so little be effective?
Vibrational medicine – what is it and how could it contribute to health?
Functional symptoms – how does the body get it so wrong?

Series 5: Environmental aspects of health (July to December 2024)

Healing homes – how can we keep them this way?
Food additives – what are they and how to avoid risks?
Light – how does it contribute to health?
Hearing and balance – how can we protect against loss?
Sunshine – more harm than good?
Meditation – how does it contribute to health?