



The one stop shop for all your professional needs, **camexpo** is the practitioner & therapist event of the year!

Now more than ever, it's essential to ensure that when it comes to investing in your business every penny counts. Which is why, if you want to see a big return on a small investment then camexpo is the one professional show you really can't afford to miss.

Ten great reasons why **camexpo** is YOUR must attend event!

- See hundreds of products relevant to your practice or store
- Learn how to increase your business and market your practice
- CPD points available at all seminars and workshops
- Listen to top speakers in the FREE keynote seminar programme
- Try out a new therapy at any of our 48 taster workshops
- Enjoy fantastic show only savings with the Big Deal Voucher Book
- Learn about new products in the Demo Theatre
- Watch practical demonstrations on the NEW CAM Stage LIVE
- Meet the leading associations, schools, colleges and training providers
- Get advice on the latest CAM legislation in the BANT Nutrition Lounge



The definitive event for the entire complementary healthcare sector, over two action-packed days you can meet face-to-face with the industry experts who can best help complement your CAM

practice! See nearly 200 leading companies, colleges and associations representing every aspect of the CAM market, enjoy exceptional "show only" promotions, unrivalled networking opportunities, find 1000s of distinctive products, and top up your training with our comprehensive CPD-accredited education programme.

With such a wealth of information with which to fill your head – and your bags – at camexpo, you certainly won't leave empty handed but come away inspired!



Hungry to learn new skills?



Sponsored by



camexpo's Taster Workshops offer a great bite-sized introduction to a multitude of new therapies and techniques. Whether you're new to the industry or an established practitioner, you'll benefit from excellent training from top industry experts at a fraction of the normal cost. Try before you buy and get real hands-on experience before committing your time and hard-earned money to a full-time course.

Taster workshops are £17.50 incl VAT. Places are limited, pre-book online now at www.camexpo.co.uk. Full Taster Workshop programme overleaf.





Listen, learn from, and be inspired at the UK's leading CAM conference



Every successful practice is built upon knowledge and camexpo is where 1000s of CAM professionals converge to share learning and promote new ideas. Don't miss this fantastic opportunity to see 26 of the CAM industry's best known subject specialists in action, delivering two full days of inspirational sessions. This year's top



CPD points available at all seminars and workshops

line-up of leading scientists, authors and practitioners includes, **Dr Marilyn Glenville, Professor Jane Plant, Jayney Goddard, Kush Kumar, Dr Tom Gilhooley, Patrick Holford, Barbara Olive, Dr Robert Verkerk, and the CNHC's Maggie Dunn**, plus many more.



Who should visit?

Now in its eighth year, **camexpo 2010** promises to be even bigger and even better than ever!

- Acupuncture Practitioners • Alexander Technique Practitioners • Aromatherapists • Ayurvedic Practitioners • Beauty Therapists & Salons • Chiropractors • Complementary Therapists • Counsellors & Stress Therapists • Fitness & Rehabilitation Therapists • General Practitioners • Healthcare Professionals • Health Stores • Health Clubs & Spas • Herbalists • Homeopaths • Hospitals/Clinics • Massage Therapists • Medical Practitioners • Multiple Retailers & Supermarkets • Naturopaths & Herbal Practitioners • Nutritionists • Osteopaths • Pharmacies • Psychotherapists • Reflexologists • Reiki Practitioners • Shiatsu Practitioners • Sports Therapists & Instructors • Students • TCM Practitioners

NEW for 2010!

CAM Clinic of the Year Award

Register your clinic online to be in with a chance of winning £1,000 and the kudos of this prestigious award. For further information see www.camexpo.co.uk



BANT Nutrition Lounge

What do you know about recent legislation, how does it affect your practice? For guidance and answers to your specific questions visit the **BANT Nutrition Lounge** at **camexpo** and speak to a BANT representative.



CAM Stage LIVE

The **CAM stage LIVE** is an exciting new feature for this year's **camexpo**. Showcasing a host of practical demonstrations from a selection of exhibitors, see essential oil blending, healing, massage, beauty demos and much more here.

To register online or for more information visit www.camexpo.co.uk or call the ticket hotline on **0844 588 8083**

Saturday 23 October 2010

Taster Workshops

Workshops have limited spaces per session. They're a great way to find out about new therapies and gain hands-on experience.

Sponsored by



Couches supplied by



Zone	Time	Workshop	Presenter	Ref
1	10.30-11.30	Hands Free Chair Massage Techniques	Pauline Baxter	W1
2	10.30-11.30	Passport To Business Success	Gill Tree	W5
3	10.30-11.30	Tsuboki® Face Massage	Anne Parry	W9
4	10.30-11.30	Soft Tissue Release	Jane Johnson	W13
5	10.30-11.30	Neuroskeletal Re-Alignment Therapy - Revolutionising The Treatment Of Back Pain	Carole Preen	W17
6	10.30-11.30	Massage Moves On - From Routine To Revolution	Rachel Fairweather	W21
1	11.55-13.25	Thai Yoga Massage	Dympna O'Brien	W2
2	11.55-13.25	Essential Oils For Energy Healing	Debra Mulkern	W6
3	11.55-13.25	Positional Release And Cranial Technique workshop	Jonathan Lawrence	W10
4	11.55-13.25	The Shoulder: Clinical Tips And Tricks	Jane Johnson	W14
5	11.55-13.25	Myofascial Release In Sports, Performance And Athletics	Ruth Duncan	W18
6	11.55-13.25	Fix In Six! Getting Results With Advanced Clinical Massage	Rachel Fairweather	W22
1	13.50-14.50	Qi Gong - The Art Of Self-Healing	Glenn Cumiskey	W3
2	13.50-14.50	Bi-Aura School Of Bio Energy Therapy, Working With Chakras	Dan Kahn	W7
3	13.50-14.50	Kinesiology - Helps You To A Positive Future	Linda Hodges	W11
4	13.50-14.50	Colon Massage Workshop	Galina Imrie	W15
5	13.50-14.50	Chronic Pain And How To Help - On Every Therapists' 'Need To Know' List	Kim Johnson	W19
6	13.50-14.50	Treat Herniated Disc And Sciatica With Confidence	Meghan Mari	W23
1	15.15-16.45	Ayurveda For Women	Dr Deepa Apte	W4
2	15.15-16.45	Energy 4 Life	Caroline Shola Arewa	W8
3	15.15-16.45	Introduction To Osteopathic Techniques To The Upper Body	Cameron Reid	W12
4	15.15-16.45	Facial Reflexology Sorensensistem™	Nikke Ariff	W16
5	15.15-16.45	Thai Foot Massage - Leave Your Clients Walking On Air With This Touch Of Thai	Annalisa Zisman & Declan Clark	W20
6	15.15-16.45	Hot Stone Fusion Deep Tissue For Neck And Shoulder Pain	Meghan Mari	W24

CPD points available at all seminars & workshops

All Workshops cost £17.50 inc VAT. To book, please use the form on the back page, or visit www.camexpo.co.uk

Zone	Time	Workshop	Presenter	Ref
1	10.30-11.30	Hands Free Chair Massage Techniques	Pauline Baxter	W25
2	10.30-11.30	Passport To Business Success	Gill Tree	W29
3	10.30-11.30	Kinesiology – Helps You To A Positive Future	Linda Hodges	W33
4	10.30-11.30	Soft Tissue Release	Jane Johnson	W37
5	10.30-11.30	Table Thai Massage – A Taste Of Thai Transported To Earls Court	Annalisa Zisman & Declan Clark	W41
6	10.30-11.30	The Fascination Of Fascia!	Rachel Fairweather	W45
1	11.55-13.25	How To Get The Most Out Of Networking	Networking4Therapists Team	W26
2	11.55-13.25	Energy 4 Life, Health Coaching	Caroline Shola Arewa	W30
3	11.55-13.25	Positional Release And Cranial Technique Workshop	Jonathan Lawrence	W34
4	11.55-13.25	The Back: Clinical Tips And Tricks	Jane Johnson	W38
5	11.55-13.25	Flower And Gem Essences	Shirley O'Donoghue	W42
6	11.55-13.25	Advanced Techniques For Hip And Pelvis	Rachel Fairweather	W46
1	13.50-14.50	Qi Gong – The Art Of Self-Healing	Glenn Cumiskey	W27
2	13.50-14.50	Bi-Aura School Of Bio Energy Therapy, Working With Chakras	Dan Kahn	W31
3	13.50-14.50	Tsuboki® Face Massage	Anne Parry	W35
4	13.50-14.50	Colon Massage Workshop	Galina Imrie	W39
5	13.50-14.50	Neuroskeletal Re-Alignment Therapy – Revolutionising The Treatment Of Back Pain	Carole Preen	W43
6	13.50-14.50	Treatment Of RSI Pain Using On Site Chair Massage	Meghan Mari	W47
1	15.15-16.45	Traditional Ayurvedic Facelift Massage	Dr Deepa Apte	W28
2	15.15-16.45	RaphaYad Bioenergy Healing Revealed	Michael Cohen	W32
3	15.15-16.45	It's All About The Butt	Chris Newton	W36
4	15.15-16.45	Effortless Power Sports Massage	Susan Findlay	W40
5	15.15-16.45	Trigger Point Volcanoes: You've Heard Of Them, So This Is What You Do With Them	Kim Johnson	W44
6	15.15-16.45	Clinical Remedial Massage: Rotator Cuff & Shoulder Dysfunction	Meghan Mari	W48

Sunday 24 October 2010

Taster Workshops

To book workshops, complete the registration form on the back page and fax to 01923 690680

Book online at www.camexpo.co.uk or call 0844 588 8083



SATURDAY 23 OCTOBER

W1 - ZONE 1 | 10.30-11.30

Hands Free Chair Massage Techniques - Pauline Baxter



Looking after yourself as a practitioner is vital to ensure the longevity of your career. By increasing your knowledge and skills, with the use of a variety of hands-free massage techniques, it is possible to help avoid injury yet still provide the best massage possible at all times.

W2 - ZONE 1 | 11.55-13.25

Thai Yoga Massage - Dympna O'Brien



Thai Yoga Massage is a unique treatment - combining acupressure massage, stretching, and applied yoga postures. Often described as 'lazy yoga!', you will give and receive a treatment in this enjoyable and practical workshop. The techniques you learn here will definitely be more tools in your toolbox.

W3 - ZONE 1 | 13.50-14.50

Qi Gong - The Art Of Self-Healing - Glenn Cumiskey



Qi Gong uses breathing and intention to strengthen and revitalise the body and enhance Qi. Practitioners and healers in particular, find this a useful means of boosting Qi and improving general health and well-being. An excellent introduction to this healing art for anyone interested in Qi Gong.

W4 - ZONE 1 | 15.15-16.45

Ayurveda For Women - Dr Deepa Apte



This workshop will look at a woman's life from an Ayurvedic perspective. It will show how various Ayurvedic techniques can prevent common ailments and also include a short demonstration of the Ayurvedic abdominal massage targeted towards women's well-being and health; including pacifying menstrual ailments.

W5 - ZONE 2 | 10.30-11.30

Passport To Business Success - Gill Tree



Don't get bogged down in working out how to run your business! Don't become a slave to administration when your passion is to treat clients! Avoid recreating the wheel when writing a business plan! Come and learn the secrets of business success instead!

W6 - ZONE 2 | 11.55-13.25

Essential Oils For Energy Healing - Debra Mulhern



Discover the energy healing qualities of 10 essential oils and how they can be used for a variety of emotional and spiritual issues. Using a variety of these oils, you will get the opportunity to make your own anointing oil, or energy healing spray, to take away with you.

W7 - ZONE 2 | 13.50-14.50

Bi-Aura School of Bio Energy Therapy: Working With Chakras - Dan Kahn



Experience feeling, sensing and directing energy and find out all about working with the powerful chakras. Practice chi-kung induce energy flow, witness a full Bi-Aura therapy session, and learn pain-relieving Bi-Aura techniques. You'll feel totally energised on completion of this workshop with the CMA's 'Energy Medicine Expert'.

W8 - ZONE 2 | 15.15-16.45

Energy 4 Life - Caroline Shola Arewa

Most people want enough energy and vitality to experience life fully, yet modern living drains

energy, causes stress and leads to disease. See how subtle energetic changes can have a big impact, top up on your energy levels, and learn powerful tools to use with family, friends or clients.

W9 - ZONE 3 | 10.30-11.30

Tsuboki® Face Massage - Anne Parry



Discover the 4 stages of Tsuboki® (Japanese) Face Massage - a truly holistic treatment, which works on a physical, mental and emotional level. See how it can be relaxing yet energising, why it feels like a full body massage, and learn the most important acupressure points for 'lifting' the face.

W10 - ZONE 3 | 11.55-13.25

Positional Release And Cranial Technique Workshop - Jonathan Lawrence



These gentle techniques can be extremely effective in unlocking old patterns of pain and disability. They are safe and have very few side effects, and can have positive benefits for non-pathological and psycho-emotional conditions. Learn some simple techniques that can be readily applied in your work.

W11 - ZONE 3 | 13.50-14.50

Kinesiology - Helps You To A Positive Future - Linda Hodges



Kinesiology is rapidly gaining in popularity as a powerful, yet gentle, way of helping people regain their health and achieve their potential. It can help with emotional, structural and nutritional problems. See how non-invasive muscle testing identifies imbalances in your body and what is required to make the corrections.

W12 - ZONE 3 | 15.15-16.45

Introduction To Osteopathic Techniques To The Upper Body - Cameron Reid



Learn a range of osteopathic soft tissue techniques, which can be applied to the upper body. Be taught when to use these and how to increase their effectiveness, with your client in different positions. Plus, see how to palpate dysfunctional areas and improve your client assessment.

W13 - ZONE 4 | 10.30-11.30

Soft Tissue Release - Jane Johnson



Learn to stretch your clients' tight muscles using forearms and elbows, through clothing or with oil, on a couch or chair. This packed practical workshop gives you the tools you need, with a full workbook also provided. Measure and see the results on hamstrings, pectorals, calf, quadriceps, trapezius, and levator scapulae.

W14 - ZONE 4 | 11.55-13.25

The Shoulder: Clinical Tips And Tricks - Jane Johnson

Need extra assessment and treatment skills? Find out how to assess for tendon impingements, weak subscapularis, tightness in internal rotators, and restriction in the glenohumeral joint. Plus learn how to mobilise, employ traction, and use exercise safely and effectively as a massage therapist. A full set of handouts is provided.

W15 - ZONE 4 | 13.50-14.50

Colon Massage Workshop - Galina Imrie

Colon massage techniques are designed to provide relief from the physical and emotional stress that we carry in the digestive system. They

can alleviate symptoms of bloating, gas and discomfort, help restore bowel regularity, and increase the blood flow to the entire abdominal tract and digestive organs.

W16 - ZONE 4 | 15.15-16.45

Facial Reflexology Sorensensistem™ - Nikke Ariff



Enjoy an introduction to the ancient reflex therapies underpinning Sorensensistem™, a highly relaxing therapy involving gentle stimulation of reflexology maps on the face. This hands-on workshop highlights the importance of working on the face and head as a treatment.

W17 - ZONE 5 | 10.30-11.30

Neuroskeletal Re-Alignment Therapy - Revolutionising The Treatment Of Back Pain - Carole Preen



Neuroskeletal Re-alignment Therapy is a non-manipulative technique that allows the body to gently regain natural balance. It works through muscles, nerves and lymph, as well as energy meridians and chakras.

W18 - ZONE 5 | 11.55-13.25

Myofascial Release In Sports, Performance And Athletics - Ruth Duncan



Whether it's shin splints, sprains or tennis elbow, not only is MFR an effective therapy for the rehabilitation of an injury, but it's also an integral training component for increasing flexibility and function and for improving endurance, stamina and performance. Discover easy and effective applications to treat common sporting injuries.

W19 - ZONE 5 | 13.50-14.50

Chronic Pain And How To Help: On Every Therapists' 'Need To Know' List... - Kim Johnson

Learn how to approach the chronic pain client and plan what treatments are required for which symptoms. This session will cover pain measurement, lower back pain, its possible causes, symptoms and treatment options, how to look at a total pain picture, plus also how other therapists can complement your work.

W20 - ZONE 5 | 15.15-16.45

Thai Foot Massage - Leave Your Clients Walking On Air With This Touch Of Thai - Annalisa Zisman and Declan Clark



This vibrant foot treatment from the temples of Thailand incorporates pressure points, deep stretches, foot wrapping and Thai foot sticks all in one action-packed treatment. Taught by Thai-trained therapists, learn how to leave your clients with a feeling of balance, relaxation and well-being.

W21 - ZONE 6 | 10.30-11.30

Massage Moves On - From Routine To Revolution - Rachel Fairweather



Fed up of that routine you learned? Want to be creative but don't know where to start? Learn forearm and other techniques that will protect you, inspire you and give each of your clients a unique treatment. Fun and informative - you'll never see massage in the same way again!

W22 - ZONE 6 | 11.55-13.25

Fix In Six! Getting Results With Advanced Clinical Massage - Rachel Fairweather

Learn how to achieve lasting results in reducing your clients' pain within 1-6 weekly sessions. Incorporate myofascial release, trigger point therapy, sports techniques, deep tissue and eastern techniques, to successfully treat conditions such as lower back pain, rotator cuff injury, RSI and herniated disc.

W23 - ZONE 6 | 13.50-14.50

Treat Herniated Disc And Sciatica With Confidence - Meghan Mari



Learn to understand, safely assess, and treat the possible causes of sciatica, including herniated disc, piriformis syndrome, and facet joint syndrome. Learn safe and simple massage techniques, including trigger point, myofascial work and clinical stretching, to take your clients out of pain and build your business.

W24 - ZONE 6 | 15.15-16.45

Hot Stone Fusion Deep Tissue For Neck And Shoulder Pain - Meghan Mari

Stones can be sublime and supreme in treating neck and shoulder pain. Learn hot, cold and specific deep tissue work to reduce clients' recovery time, sometimes by half! Ideal for treating scalenes, trapezius and SCM - save your thumbs and fingers and let the pain melt away in this incredible workshop.

Continued over page

Develop your skills, book a workshop today!
Complete the registration form on the back page and fax to 01923 690680
Book online at www.camexpo.co.uk or call 0844 588 8083

SUNDAY 24 OCTOBER

W25 - ZONE 1 | 10.30-11.30

Hands Free Chair Massage Techniques - Pauline Baxter

Looking after yourself as a practitioner is vital to ensure the longevity of your career. By increasing your knowledge and skills, with the use of a variety of hands free massage techniques, it is possible to help avoid injury yet still provide the best massage possible at all times.

W26 - ZONE 1 | 11.55-13.25

How To Get The Most Out Of Networking - Networking4Therapists Team

Whether it's to grow your business contacts, get support, gather information, or make connections, enjoy an informative look at the benefits of networking. Discover the one really big secret about 'networking' that shifts it from something you should do, to something that you want to do. Curious? Then come along!

W27 - ZONE 1 | 13.50-14.50

Qi Gong - The Art Of Self-Healing - Glenn Cumiskey



Qi Gong uses breathing and intention to strengthen and revitalise the body and enhance Qi. Practitioners and healers in particular, find this a useful means of boosting Qi and improving general health and well-being. An excellent introduction to this healing art for anyone interested in Qi Gong.

W28 - ZONE 1 | 15.15-16.45

Traditional Ayurvedic Facelift Massage - Dr Deepa Apte



Explore the rejuvenating secrets behind a successful, traditional Ayurvedic facelift massage technique. Learn various pressure points on the head and face that will relax and refresh your clients and help towards keeping wrinkles away. Come and see how you can integrate this technique into your facial routines.

W29 - ZONE 2 | 10.30-11.30

Passport To Business Success - Gill Tree



Don't get bogged down in working out how to run your business! Don't become a slave to administration when your passion is to treat clients! Avoid recreating the wheel when writing a business plan! Come and learn the secrets of business success instead!

W30 - ZONE 2 | 11.55-13.25

Energy 4 Life - Health Coaching - Caroline Shola Arewa



This workshop draws on ancient spiritual traditions, quantum science and contemporary coaching practices to cultivate health and well-being. Learn techniques for raising energy levels and creating health, happiness and success. An understanding of chakras and the human energy system leads to greater physical health, emotional stability and spiritual awareness.



W31 - ZONE 2 | 13.50-14.50

Bi-Aura School of Bio Energy Therapy: Working With Chakras - Dan Kahn



Experience feeling, sensing and directing energy and find out all about working with the powerful chakras. Practice chi-kung induce energy flow, witness a full Bi-Aura therapy session, and learn pain-relieving Bi-Aura techniques. You'll feel totally energised on completion of this workshop with the CMA's 'Energy Medicine Expert'.

W32 - ZONE 2 | 15.15-16.45

RaphaYad Bioenergy Healing Revealed - Michael Cohen



Discover how you can access the body's bioelectromagnetic circuitry system in this dynamic workshop. Learn the primary techniques that are used as an effective treatment for debilitating and difficult emotional and physical symptoms. Plus, find out more about training courses, foundation workshops and treatments in a Q&A session.

W33 - ZONE 3 | 10.30-11.30

Kinesiology - Helps You To A Positive Future - Linda Hodges

Kinesiology is rapidly gaining in popularity as a powerful, yet gentle, way of helping people regain their health and achieve their potential. It can help with emotional, structural and nutritional problems. See how non-invasive muscle testing identifies imbalances in your body and what is required to make the corrections.

W34 - ZONE 3 | 11.55-13.25

Positional Release And Cranial Technique Workshop - Jonathan Lawrence



These gentle techniques can be extremely effective in unlocking old patterns of pain and disability. They are safe and have very few side effects, and can have positive benefits for non-pathological and psycho-emotional conditions. Learn some simple techniques that can be readily applied in your work.

W35 - ZONE 3 | 13.50-14.50

Tsuboki® Face Massage - Anne Parry

Discover the 4 stages of Tsuboki® (Japanese) Face Massage - a truly holistic treatment, which works on a physical, mental and emotional level. See how it can be relaxing yet energising, why it feels like a full body massage, and learn the most important acupressure points for 'lifting' the face.

W36 - ZONE 3 | 15.15-16.45

It's All About The Butt - Chris Newton



Glute dysfunction and the aching body... This workshop will give you immediate and useable techniques to help your client engage the most

Develop your skills, book a workshop today!
Complete the registration form on the back page and fax to 01923 690680
Book online at www.camexpo.co.uk or call 0844 588 8083

powerful muscles in their body, thereby helping to address painful issues elsewhere.

W37 - ZONE 4 | 10.30-11.30

Soft Tissue Release – Jane Johnson



Learn to stretch your clients' tight muscles using forearms and elbows, through clothing or with oil, on a couch or chair. This packed practical workshop gives you the tools you need, with a full workbook also provided. Measure and see the results on hamstrings, pectorals, calf, quadriceps, trapezius, and levator scapulae.

W38 - ZONE 4 | 11.55-13.25

The Back: Clinical Tips And Tricks – Jane Johnson

Differentiate between muscle and bone problems in the neck, dispel the myth of tight rhomboids – and find out what those 'knots' could really be. Learn safe passive neck mobilisation, how to decrease lumbar lordosis, tricks for stiff spines, and kyphotic postures. A full set of handouts is provided.

W39 - ZONE 4 | 13.50-14.50

Colon Massage Workshop – Galina Irmie



Colon massage techniques are designed to provide relief from the physical and emotional stress that we carry in the digestive system. They can alleviate symptoms of bloating, gas and discomfort, help restore bowel regularity, and increase the blood flow to the entire abdominal tract and digestive organs.

W40 - ZONE 4 | 15.15-16.45

Effortless Power Sports Massage – Susan Findlay



Work smartly, deeply and sensitively. Generate power and movement using your body effectively without causing strain to your hands, arms, shoulders and back. This approach has been proven to be both a client and therapist pleaser, come and discover why.

W41 - ZONE 5 | 10.30-11.30

Thai Foot Massage – A Taste Of Thai Transported To Earls Court... – Annalisa Zisman and Declan Clark



All the benefits of a traditional Thai treatment, on the comfort of your couch. This powerful treatment uses body movement to save wear and tear on you. The workshop will teach you dynamic postures and stretches in a therapeutic through-clothes body massage using palming, thumbing, elbows and feet.

W42 - ZONE 5 | 11.55-13.25

Flower And Gem Essences – Shirley O'Donoghue



Find out more about flower and gem essences and how you can incorporate them into your holistic and beauty practice. Learn how they work, how to choose them, and creative ways of using them with clients. During this workshop, you'll also be able to create your own energised massage mix.

W43 - ZONE 5 | 13.50-14.50

Neuroskeletal Re-Alignment Therapy – Revolutionising The Treatment Of Back Pain – Carole Preen



Neuroskeletal Re-alignment Therapy is a non-manipulative technique that allows the body to gently regain natural balance. It works through muscles, nerves and lymph, as well as energy meridians and chakras.

W44 - ZONE 5 | 15.15-16.45

Trigger Point Volcanoes: You've Heard Of Them, So This Is What You Do With Them – Kim Johnson



Trigger points can be a huge barrier to achieving the results that clients want. But what are they exactly, and how do we find them and treat them? Find out how techniques like ischaemic compression and deep stroking can help make trigger points a thing of the past.

W45 - ZONE 6 | 10.30-11.30

The Fascination Of Fascia! – Rachel Fairweather

Explore all the major approaches to working with the body's connective tissue (fascia) including myofascial release (MFR), direct structural approaches, and cranio sacral therapy. Discover new insights into back, neck, and wrist pain, and gain a key to unlocking complex physical and emotional conditions such as fibromyalgia, ME and TMJ.

W46 - ZONE 6 | 11.55-13.25

Advanced Techniques For Hip And Pelvis: – Rachel Fairweather



Take a detailed look at the anatomy of the hip and pelvic muscles and see how advanced techniques, including trigger point, fascial work and stretching, can help address such common complaints as low back pain, arthritis of the hip, sciatica, groin strain and sporting injuries.

W47 - ZONE 6 | 13.50-14.50

Treatment Of RSI Pain Using On Site Chair Massage – Meghan Mari



A highly-effective way of increasing your income, on site massage enables you to take powerful bodywork anywhere. Not simply a tool for relaxation, learn advanced techniques that can treat serious conditions such as headaches, RSI, carpal tunnel, and chronic neck pain over clothes on an ordinary chair.

W48 - ZONE 6 | 15.15-16.45

Clinical Remedial Massage: Rotator Cuff And Shoulder Dysfunction – Meghan Mari

Learn the pathology, assessment and treatment of the shoulder region. Understand the possible causes and contributing factors associated with rotator cuff shoulder problems, including postural or structural misalignment, muscle imbalance, trigger points and fascial restrictions. This workshop covers MFR, trigger point, cyriax cross fibre friction, and muscle energy techniques.

Taster Workshops
Sponsored by



Couches 
Supplied by

FREE Keynote Seminar Programme

Sponsored by  the nutricecentre

10.30-11.15 - Denise Tiran

Treating Couples With Infertility – Issues For Complementary Therapists

Infertility is a significant medical and social problem, and many practitioners are consulted by couples requesting complementary therapy treatment. This presentation examines the causes of infertility, along with the conventional medical options open to couples, and explores the issues for complementary therapists wishing to work with these clients.

11.35-12.20 - Alison Peacham

Children's Health – The Power Of Nutrition

Gastrointestinal problems lie behind many common childhood conditions such as food intolerances, eczema, behavioural problems and failure to thrive. Alison specialises in children's health and will share up-to-date research, dietary advice, plus information on clinical cases to show how natural approaches can help common childhood health imbalances.



12.40-13.25 - Bonny Williams & Susanna Dowie

The Seven Secrets Of Working With Those Close To You

Susanna and Bonny are a mother and daughter team who have worked together for 10 years running the LCTA - one of the UK's oldest and most prominent colleges of Chinese Medicine. As experts in the management of people (and themselves!) they'll share the pitfalls, pleasures - and the seven secrets - of working with those close to you.



13.45-14.45 - Dr Marilyn Glenville

The Seven Most Essential Supplements For Women's Health

Come and find out the seven most important nutrients and herbs for women's health. Learn which supplements can help women with problems such as hormone balance (eg PMS, menopause, fertility, and PCOS, etc.), weight loss, anti-ageing, digestive health, prevention of breast cancer, and stress.

15.00-16.00 - Dr Mark Atkinson & Holly Taylor

The Acne Solution

Acne causes misery for millions. Although considered an adolescent problem, it affects 12% of women and 3% of men in their 30s and 40s. Dr Mark Atkinson and Holly Taylor share their integrated holistic approach - including a complete nutritional/dietary plan, the skin-mind connection, and managing emotional contributors to, and consequences of, acne.



16.15-17.15 - Professor Jane Plant

Cutting Your Risk Of Breast Or Prostate Cancer

Many western countries have high and increasing incidences of breast and other hormone-dependent cancer, such as prostate cancer and testicular cancer, whereas China and other oriental countries (those with traditional non-dairy diets) have, until recently, had low rates and incidences of such cancers. This session will review the latest scientific evidence that epigenetic factors such as diet and lifestyle are of critical importance in the prevention and treatment of these and other cancers.

Gain valuable CPD points on all Workshop and seminar sessions.

Seminars cannot be booked in advance, it is therefore recommended that visitors get there early as seats are limited!
For more information on education at the show visit www.camexpo.co.uk

10.30-11.15 – Ali Cullen

Making Herbs Work For You

Adding herbal remedies into your treatment plans can trigger swift improvements that encourage clients to stick to their programme. Learn which herbs are the most useful, how to use them, what the contraindications and warnings are, and which products they complement best.



11.35-12.20 – Paul Lewis

Specific Client Positioning To Facilitate Effective Treatment

Paul has travelled from Canada to share some of his innovative guidelines for specific client positioning to enhance the effectiveness of client treatments. Including illustrations that cover various complementary therapies, this session will also feature examples for use on both a massage chair and table.



12.40-13.25 – Dr Robert Verkerk

Nutritional And Herbal Practitioners: Growing Your Business In Spite Of Stringent EU Laws

Therapeutic use of natural substances is firmly in the cross hairs of EU law-makers. If you want to maintain or grow your business, you can't afford to not know the latest views on EU regulation that are affecting practitioners. Whether it's the claims you make about a product or ingredient, or which ingredients and dosages you can use — or those that might be threatened by the EU's plans — this presentation will bring you right up to date.



13.45-14.30 – David Brown

The Healing Power Of Intimacy *The CENTRE for ICASA*

Fear of intimacy lies at the heart of conditions such as depression, obsession, addictions and relationship breakdowns. This seminar explores a proven, transformative therapeutic approach to intimacy and sexual fulfilment that has helped hundreds of men, women and couples to heal fears of intimacy over the past twenty years.

15.00-15.45 – Barbara Olive

Control vs Controlling: Let's Make The Difference – Now

Being human gives us a unique opportunity to exercise free will or choice. 'Extreme' choice or controlling behaviour creates a rip current in the tide of universal energy. This session will explore the fundamental damage to the mind, body and spirit when you exert controlling behaviour over yourself and others. And, more importantly, it will also discuss how to change that need to control with knowledge and essences, to ultimately 'direct'.

16.15-17.00 – Dale Pinnock

Coconut Oil – A Powerhouse Of Nutritional Benefits

The only 'Medicinal Chef' in the UK, Dale is renowned for creating dishes for specific ailments based upon the pharmacological activity of the ingredients. In this interesting session he explores the many applications of virgin coconut oil from skin health to sports nutrition.



Certificates will be issued to redeem with your associations.

FREE Keynote Seminar Programme

Sponsored by  thenutricentre

10.30-11.15 – Jason Mitchell

Whole Food Nutrition – Dietary Deficiencies And The Negative Implications On Overall Health

This session will discuss dietary deficiencies and their negative implications on the overall health of the body. Discover how unique whole food dietary supplements can aid and support well-being, and energise, rejuvenate, and accelerate the overall health of the body.



11.40-12.25 – Jayney Goddard

Younger By The Day™

Is it possible to stop and even reverse the ageing process? Hear Jayney discuss the many scientifically proven ways in which natural healthcare approaches can reverse the ageing process so that you look better, feel fantastic, and reduce your risk of chronic degenerative disease. In this session, she'll also be introducing the 'Younger By The Day'™ training course for CAM professionals who wish to use the latest developments in the natural anti-ageing field with their clients.

12.45-13.45 – Patrick Holford

Are You Immune? To Cancer, Infections Colds, And Allergies?

Your immune system is your defence against alien invaders and misbehaving cells, and the strength of your immune



defences makes all the difference between staying healthy and getting sick. Find out how to maximise your immune strength, identify and eliminate food allergies, prevent infections, kill a cold dead in its tracks, and dramatically reduce your risk of ever getting cancer.

14.00-15.00 – Dr Marilyn Glenville

The Role of Probiotics in Women's Health

This session will cover the specific benefits of probiotics in relation to women's health problems, including vaginal infections, urinary tract infections, preterm birth and weight loss after pregnancy. The role of probiotics in hormone dependent problems such as PMS, fibroids, endometriosis, breast problems, and osteoporosis, will also be discussed.

15.15-16.15 – Dr Tom Gilhooly

The Ideal Omega Test

The ability to check omega-3 levels easily in the blood could transform our health. The importance of omega-3 has become increasingly apparent, with this now being the subject of over 12,500 published research papers and even prescribable on the NHS according to the NICE guideline. We have developed an easy to understand and accurate blood test, with Stirling University, which makes omega-3 levels measurable and controllable by natural means.



Gain valuable CPD points on all Workshop and seminar sessions.

Seminars cannot be booked in advance, it is therefore recommended that visitors get there early as seats are limited!
For more information on education at the show visit www.camexpo.co.uk

10.30-11.15 - Jon Critoph

Top 10 Marketing Tips For A Successful Therapy Business

If you find yourself working harder than ever to reach clients, without progress, then this session is for you. Whether you are just starting out or would like help to develop your existing business, this inspirational seminar will offer practical ideas for you to take away and implement in your own therapy practice.



11.40-12.25 - Anne Jones

The Power Of You – The Therapist

As a therapist you give time and care to many, and, by doing so, your own energies and wellbeing can often become compromised. Anne will help you reconnect to your inner strength, vitality and personal power, which will enable you to work at your greatest potential, uplifted and energised, without feeling fatigued or overburdened. Be prepared for a healing meditation!

12.45-13.30 - Sandra Tejero and Chris Chapman

A Snapshot Of The Latest Research Into Probiotics

The use of probiotics as effective therapeutic agents to treat gastrointestinal disorders is gaining importance. Evidence exists for a role for certain probiotics in the prevention or alleviation of many conditions, including irritable bowel syndrome, inflammatory bowel disease, diarrhoea, infections, and allergies. This session presents an overview of the health benefits of probiotics, as well as focussing on the latest research in the field.



14.00-14.45 – Kush Kumar

Working With Holistic Complementary Therapy

In this session, Kush will cover some important issues in complementary therapy including: the concept of Eastern and Western therapies; the importance of consultation; stress relief and relaxation; rational thinking; spiritual/human life; a short practical session on stress relief techniques; and an introduction to the CThA.



15.15-16.00 – Maggie Dunn & Maggy Wallace

CNHC – Where Are We Now?

Giving an update on all CNHC current activities, this session will highlight the key events and activities of the past very busy year, and identify some of the challenges ahead. Come and hear it straight from the horses' mouths – come and talk to the 'two Maggies' about all those things you've been wanting to raise.



**For more information and
to register for the show, visit
www.camexpo.co.uk**

or tel 0844 588 8083

Certificates will be issued to redeem with your associations.



FREE camclub membership!

camexpo is far more than just a single annual event and the benefits of attending continue long after show close! Receive automatic free membership to the camclub* - the 'must have'

resource for the UK's CAM community - and enjoy exceptional year-round members only offers and savings, a monthly e-newsletter filled with exclusive articles and all the latest industry developments, plus free online access to the members area at www.camexpo.co.uk.

*The cost of a 12-month membership is included in the price of admission to **camexpo** (non-attendees can also join the camclub for a cost of £35).



Feeling lucky?

There are £100s of prizes to be won in **camexpo's** free prize draw, including:

- CherryActive - concentrate, Pump, Glass and Sports bottle **worth £57.76**
- NES Health - Living Matrix DVD, Body Field Sound Healing CD, Journey through the Matrix CD and Beautiful sound CD, plus Decoding the human body Field Book - **Prize value £71**
- Energii - Synerjii Bracelets for both Men and Women - **Prize value £158**
- The RaphYad™ Bioenergy Healing Clinic - Free foundation workshop - **Prize value £240**
- Balm Balm - Natural Eau de Parfums - 7 x 33ml singles - **Prize value £120**
- NYR - A touch of NYR - Free colour with care makeup - **Prize value £100**
- Bemer - A months Free rental of Bemer system - **Prize value £240**
- Pukka Herbs - **£80 selection of teas, capsules and juices**
- **Plus more prizes to be confirmed...**

Now in its eighth year, **camexpo 2010** promises to be even bigger and even better than ever. Take advantage of our special advance rate, book today and save £££'s on entry to the UK's ONLY dedicated CAM event (£18 on the door).

Visit www.camexpo.co.uk or call the ticket hotline on 0844 588 8083

Health Store Retailers - stay ahead of the game at camexpo!

Health store buyers looking to stay one step ahead of their competition need look no further than **camexpo** to see all the latest ranges from some of the CAM industry's leading manufacturers of VMS and natural health products. And, with the **5th National Health Store Conference** taking place at Earls Court on **Friday 22 October**, the day before **camexpo** opens, the timing couldn't be more perfect - or cost-effective!

5th National Health Store Conference

Earls Court | London | 22nd October 2010



camexpo is supported by the following organisations:



Media partners:



Online media partner:
ntpages.co.uk

In association with:
Natural Products



Earls Court, London



The Complementary, Natural & Integrated Healthcare Show

23-24 October 2010

Venue Earls Court London SW5 9TA
Show opening hours

Sat 23 Oct: 10:00-18:00

Sun 24 Oct: 10:00-17:00

Organised by:



Blenheim House, 120 Church Street,
Brighton BN1 1UD
tel 01273 645119 **fax** 01273 645169
www.camexpo.co.uk

Venue & travel information

By tube

For Earls Court Brompton Hall exit either at Earls Court station or West Brompton station.

By train

Silverlink and Southern trains run direct services to West Brompton station for Earls Court and Kensington Olympia. Direct services run from Clapham Junction, Gatwick Airport, East Croydon, Watford Junction, Willesden Junction and Stratford. For National Rail enquiries please visit www.nationalrail.co.uk or call 08457 484950. You can also purchase rail tickets online at thetrainline.com

Earls Court - West Brompton station

The entrance to the venue is directly opposite the exit at West Brompton station.

By bus

Earls Court is served by the following bus routes: Warwick Road (Earls Court One): 74, 328, C1, C3 Lillie Road (Earls Court Two, Brompton Hall, Museum Hall and Conference Centre): 190

For more travel information visit www.eco.co.uk

HOTEL BOOKINGS

Special rates for hotels in the surrounding area have been arranged by our specialist booking agency HRS. **For further information and rates please contact HRS on +44 (0)870 243 0003 or email ukoffice@hrs.com. Visit http://corp3.hrs.de/web3/?client=en_camexpo**

camexpo Exhibitor list

A. Vogel ● AAPA ● Absolute Aromas Ltd ● Acumag Ltd ● Acumedic ● Akoma Intl (UK) Ltd ● Alliance for Natural Health ● Allicin International Ltd ● Anne Jones Collection ● api-ar international s.a. ● Aqua-Clinic Colon Hydrotherapy ● Aroma Sport Therapy ● Aromatic Aromatherapy Company ● Association of Systematic Kinesiology ● Aura-Soma Products ● Awakening Mind Body Spirit ● Ayurveda Pura Ltd ● Bach Education ● Balens Ltd ● Balm Balm ● BCMA ● Bemer 3000 ● Beyond Organic Skincare ● Bi-Aura Therapy and Training ● BioCare Ltd ● Bioenergy Healing Research Foundation ● Biological Testing Service ● Bionutri Ltd ● Bodytox Ltd ● British Alliance of Healing Associations ● British Institute of Allergy and Environmental Therapy ● CAM Magazine ● Cambridge Nutritional Sciences ● Casada ● Cellular Foods Ltd ● Centre for Icosa ● Centre For Integrated Mind Care ● Cherry Active ● Citizens Commission on Human Rights ● CNHC ● Coconoil ● College of Naturopathic Medicine ● Complementary Medical Association ● Complementary Therapists Association ● Complementary Therapy Company Ltd ● Conscious Foods ● Dr Croc ● Dr Red Nutraceuticals ● Energy Health & Harmony ● Enerjii UK Ltd ● Essentials for Health Ltd ● Expectancy Ltd ● Federation of Holistic Therapists ● Flower Essence Repertoire Ltd ● Forever Living Distributor ● FSN Journal ● Gem Enchantment ● Golden Temple Natural Products ● Good Health Naturally Inc ● Green People Company Ltd ● Healing Trust ● Health Etcetera ● HealthHosts ● Healthy & Active UK Ltd ● Healthy Bowels Company ● High Barn Oils ● Higher Nature ● Himalayan Healing ● Holistic Insurance Services ● Hypervibe UK Ltd ● Innersound Foundation ● Inspire Massage Workshops Ltd ● Institute For Optimum Nutrition ● Jing Advanced Massage & Training ● KTEC Group ● Lamberts Healthcare ● Life Practice ● Life Water Ionizers ● Lifelogix ● Lumina Jewellery ● Manifest Health ● Massage World ● Metabolics ● My One Green Bottle ● Mycology Research Laboratories UK ● Myofascial Release UK ● Natural By Nature Oils Ltd ● Natural Dispensary ● Natural Health ● Natural Health Practice Ltd ● Natural Therapy Pages ● Natures Aid Ltd ● Neals Yard Remedies ● NHR Organic Oils ● Nice TV ● Nova Brands ● NRG Laser ● Nuga Best UK ● Nutri Centre Ltd ● Nutri Energetics System Ltd ● Nutriworks (Europe) Ltd ● Optibac Probiotics ● Oriental Holistic ● Pam Medica Centaurus Enterprises Ltd ● Paragon College ● pheelgood ● Privatepractitioner.co.uk ● Protexin Health Care ● Pukka Herbs Ltd ● Quantum Metta ● Radiant Life Technologies ● Really Healthy Company Ltd ● Regulat UK Ltd ● Regumed ● Revital Ltd ● Rio Trading Company Health Ltd ● River Of Light Records ● Road 2 Vitality ● Salty Lamps ● Scalarwave Lasers ● Shaanxi Jiahe Phytochem Co.,Ltd ● Shinji Shumeikai UK ● Simply Therapy ● Singing Dragon ● Songbird Naturals Ltd ● Soukya ● Springfield Nutraceuticals BV ● Sun Chlorella Corporation ● Suti Ltd ● Tao Ki Food SL ● Terapia ● Therapy Essentials ● Tiana Ltd ● Time Out ● Tonic Gold-Kadak Health Products ● Trionz ● Tyent UK ● University of Westminster ● Vital Greens UK Ltd ● Walter Ionizer Company ● Yangzhou Rixing Biochemical Products Co. ● Zen Lifestyles ● **Plus many more**

Registration Form

Please photocopy for more registrations or register online @ www.camexpo.co.uk Complete all sections of this form in BLOCK CAPITALS then sign and date it. Fax or mail to the postal address below, to help protect the environment we're not printing and mailing badges unless specifically requested. Please select method of badging from the options below. **Do not post after 11 October 2010**

YOUR DETAILS Please complete all sections. These details will be used for your badge.

Title: Mr/Mrs/Ms/Dr/etc First Name

Surname

Job Title

Company/Store/Organisation

Business Address

Town

County/Country Postcode/Zip

Telephone Fax

email

www site

1. What is your main job role? - tick only one:

29 Practitioner/Therapist 32 Retailer 07 Student

31 Healthcare Professional 05 Buyer 16 Other, please specify _____

2. Please state your level of purchasing authority – tick only one:

A Authorise B Source on behalf of the company C No authority

3. Please select from list below your company's main business type(s)

02 <input type="checkbox"/> Health Store	13 <input type="checkbox"/> Training/Education/College/Juni	25 <input type="checkbox"/> Publisher - Books/Mags
04 <input type="checkbox"/> Beauty Salon	15 <input type="checkbox"/> Spa/Health Club	26 <input type="checkbox"/> Agency - Marketing Ad/PR
05 <input type="checkbox"/> Supermarket/Multiple	17 <input type="checkbox"/> Sports/Spa/Leisure Centre	28 <input type="checkbox"/> Media - TV/Radio
07 <input type="checkbox"/> Pharmacy	18 <input type="checkbox"/> Wholesaler/Distributor	29 <input type="checkbox"/> NGO/Non-Commercial
09 <input type="checkbox"/> Practitioner CAM Centre	19 <input type="checkbox"/> Manufacturer/Processor	31 <input type="checkbox"/> Associations/Organisations
11 <input type="checkbox"/> Individual Practitioner/Therapist	22 <input type="checkbox"/> Hospital/Surgery/Clinic	33 <input type="checkbox"/> Other
12 <input type="checkbox"/> Mail Order/Internet	23 <input type="checkbox"/> Hospice/Care/Nursing Home	36 <input type="checkbox"/> Press

Please check www.camexpo.co.uk for any special online registration offers.

W/SHOP CODE	£17.50 INC VAT	All workshops are £17.50 inc VAT** per session per person
Promotion Code:		BY CHEQUE made payable to "DBC UK"
Entrance Fee*		BY CREDIT CARD Please debit my Access/Visa/Mastercard with the sum of £ _____ Complete details below.
TOTAL TO PAY £		Card Number _____ *£18 normal entrance fee if no promotional code

Name of card holder

Address of card holder (if different from above)

Expiry Date Security No. Issue No. Start Date (Switch)

*We are unable to accept any amendments and cancellations after you have made the booking. No money will be refunded under any circumstances.

Please select badge delivery option: email post

Diversified Business Communications UK (DBC UK) will use the data supplied by you to send you business information about its own events and publications, and about other related events and publications from the Diversified Business Communications group of companies. We may wish to supply your data to a limited number of selected companies who we believe you may want to hear from. If you do not wish to hear from such companies, please tick here (1) If you do not wish to receive any information from DBC UK at all on future related events, please tick the box (2)

4. Please tick all the business sectors/products that apply and/or are of interest to your company:

54 Education & Training

THIRAPIES

08 Acupuncture

09 Alexander Technique

10 Aromatherapy

11 Ayurvedic

12 Natural Beauty

51 Bowen Technique

13 Chinese Medicine

14 Chiropractor

15 Craniosacral

32 Flower Essences

16 Herbalism

17 Holistic

18 Homeopathy

19 Kinesiology

20 Massage

21 Naturopathy

22 Nutrition & Diet

23 Osteopathy

24 Physiotherapy

25 Reflexology

53 Sports Therapy

26 Sound and Music

28 Yoga/Tai Chi/Philips

07 Other, please specify _____

PRODUCTS

Beauty

Y1 Face/Body & Skincare Products

K3 Spa/Retreats

Health

R1 Dental Products

T1 Detoxification Products

Nutrition

L3 Vitamin, Minerals, Supplements

13 Special Diet Products/Free-From

M3 Sports Nutrition

Equipment & Supplies

E2 Furniture/Equipment

62 Health & Fitness Supplies/Equipment

52 Medical Equipment

63 Publications/Book/Magazines

J3 Spa/Salon Equipment & Supplies

Q3 Treatment Couches

Q3 Workwear

V3 Other, please specify _____

Business Services

C1 Associations/Organisations

M1 Business Services & Systems

M2 Insurance/Financial Services

V3 Other, please specify _____

5. Tick to receive information about:

01 Exhibiting at the show

02 The CAM Club

03 Natural Products Magazine

04 Natural Beauty Yearbook

Signature _____

RETURN TO: Fax 01923 690680
Post: camexpo 2010, Expo Systems Ltd,
 9-10 Millfield House, Woodshots
 Meadow, The Coxley Business Park,
 Watford, WD18 8YX