

Clinician's Dinner

Tuesday 28th July, 6pm – 9pm at Kew Golf Club

Join us for this exclusive invitation-only presentation and networking opportunity with industry colleagues, over a delicious 2-course dinner.

Advanced Strategies for Women's Vitality: Integrating Hormonal, Microbiome & Cellular Health

Women's vitality across the female lifespan is shaped by the dynamic interplay between cellular energy metabolism, hormonal regulation, stress physiology, microbiome balance, and mucosal tissue health. During periods of hormonal transition, including the premenstrual phase, perimenopause, and menopause these systems become increasingly interconnected, influencing symptom expression, resilience, and overall wellbeing.

This advanced clinical webinar explores the mechanistic links between NAD⁺ metabolism, mitochondrial function, and the Hypothalamic–Pituitary–Ovarian (HPO) and Hypothalamic–Pituitary–Adrenal (HPA) axes, providing a cohesive framework for understanding common presentations such as fatigue, sleep disturbance, mild anxiety, vasomotor symptoms, and reduced vitality.

The session also addresses frequently under-recognised consequences of hormonal change across the female lifespan, including vaginal and urogenital tissue changes, reduced lubrication, tissue fragility, irritation, and shifts in vaginal flora and pH. These features are examined within a broader microbiome–mucosal–hormonal axis, highlighting practical opportunities for integrative intervention. Practitioners will be guided through evidence-informed herbal, nutritional, and microbiome-supportive strategies into a stage-appropriate and clinically relevant prescribing framework.

This is designed for practitioners seeking a rigorous, systems-based approach to supporting women's vitality throughout the female lifespan.

Presenter: Amie Skilton

Naturopath

Amie Skilton's professional journey spans nearly two decades as a functional medicine practitioner and educator in naturopathic medicine. Her expertise has brought her to conference stages, television, and digital platforms, where she has addressed a broad audience that includes functional medicine practitioners and the general public. Amie's approach deeply integrates environmental factors with traditional health practices, emphasising the significance of a harmonious relationship between individuals and their surroundings for optimal health.

In 2017, Amie's personal health journey took a significant turn when she was diagnosed with Chronic Inflammatory Response Syndrome (CIRS), a condition often associated with mould exposure. This diagnosis transformed her health perspective and led her to become a certified Mould Testing Technician. Amie's experience with CIRS has greatly influenced her practice, emphasising the built environment's impact on health. Thus, she has expanded her clinical focus to include environmental health hazards alongside conventional naturopathic treatments.

RSVP by Monday 6th July
Please note any dietary requirements

For further information email us at events@niim.com.au. *Disclaimer – please be advised that your contact details will be shared with Designs for Health

