

## This template has been shared with you

You can use this email template by logging in to your email marketing account, going to the template page, clicking add template, and choosing the "Import" option.



Dear %FIRSTNAME% %LASTNAME%

This is the team at IIMHCO (International Integrative Maternity HealthCare Organization) and the reason you are receiving this first **IMHC Journal** is because you are part of our *Conference mailing-list*.

**If you do NOT wish to receive ongoing Integrative Maternity HealthCare journals, simply reply to this email with UNSUBSCRIBE in the Subject line - no problem.**

All the best

From the Admin Team at IIMHCO

### Message from the Editor

Integrative Maternity HealthCare is nothing new ... Midwifery particularly has been incorporating complementary and alternative therapies into their personal practices for as long as the human race have had Midwives.

Medical advances from the 18th century onwards have, as we all know, evolved to the point of practically excluding all "old wisdom". However today, just as the public are demanding a new General Healthcare model of holistic Integrated Medicine, women too are demanding a new paradigm for Maternal Wellness for their mother-baby dyad. Thus, the new term, Integrative Maternity HealthCare.

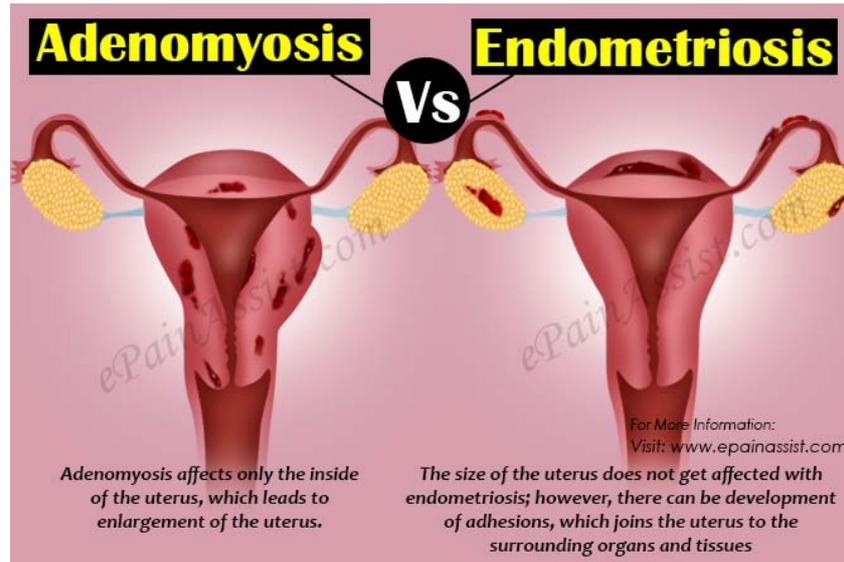
***The IMHC Journal is keen to receive information on pragmatic 'real world' research, especially new knowledge, innovative methodologies, and clinical hypothesis of***

**unique insights and/or novel findings yet to be explored that warrant attention.**

**Case Presentations welcome.**

**Please send Abstracts to [email protected] with "IMHC Journal" in the Subject Line.**

Kathy Fray, Founder



### **Adenomyosis: heavy periods, pain and infertility**

Dr Anusch Yazdani is a Board Member of the Fertility Society of Australia, the Immediate Past President of the Australasian Gynecological Endoscopy and Surgery Soc, Federal Counsellor to RANZCOG, and Director of Clinical Research and Development of the QFG Research Foundation. He is also an Associate Editor of ANZJOG, A-Prof at the University of Queensland, Founding Director of Eve Health, and Program Director in Queensland for infertility advanced endoscopic surgery training.

Post-doctoral research fellow at Western Sydney Uni's NICM Health Research Inst, Dr Mike Armour is focusing his work on a broad range of women's health projects.

Together they have been studying the lesser known condition of *Adenomyosis: when uterine lining endometrial tissue is abnormally growing within the uterine myometrium (inner muscle layer) – which is different from Endometriosis (when endometrial tissue grows outside the uterus).*

[Click here](#)



### **Bio-Energy Healing - a tool for alleviating postpartum stress**

Sabrina Tosi-Creet is a 4th Level Bio-Energy ("prana", "chi") Healing practitioner/trainer and Yoga expert from Toronto, who has studied under the esteemed Michael D'Alton. Life-force blockage healing is thousands of years old, and Sabrina is reporting some *especially great results with postpartum well-being improvements.*

[Click here](#)



### **New Evidence: Exclusive Breastfeeding & Reduced Sudden Infant Death Syndrome Risk**

Assoc Prof Dr Donna J Chapman is Program Director of Nutritional Sciences at Springfield College Massachusetts, focusing on maternal/child nutrition, with a particular emphasis on breastfeeding. Chapman has also been the assoc Editor for the Journal of Human Lactation for more than 10 years.

*Breastfeeding has (scientifically but un-publicly) been known for a long time as statistically having little specific protective effect to reducing SIDS. However, this new research evidence is beginning to confirm there may be an actual correlation, particularly exclusive breastfeeding  $\geq 2$  months – but we certainly do need better understandings of the potential SIDS protective effect of breastfeeding duration and exclusivity.*

With women oftentimes needing to return to work and the subsequent common consequential reduction in milk-supply from expressing, naturopathic galactagogues may be even more important than we have realised.

[Click here](#)

### **Preparation of pain management during childbirth: The psychological aspects of coping strategy development in antenatal education**

Midwifery Prof Helen Spiby of Nottingham University, Clinical psychologist Dr Diane Escott of Manchester University, and clinical psychologist Prof Pauline Slade from Liverpool University collaborated in this interesting research. In particular, Prof Slade's research interest focus is on reproductive health,

HVSHFLS...  
FKLOGES...  
UHVSRQVH

)RZRPH...  
.QRZOH...  
WKBHQL...  
DQWH...  
WRJHFR...  
FDWDVW...  
RZQVHW...

&OLFN KHUH

, 17 (\* 5 \$ , 9 ( 0 \$( 5 1 , 7 <  
+ ( \$ / 7 + & \$ 5 ( & 2 1 ) ( 5 ( 1 & (   
6 H S W  
\$ X F N O D Q G 1 H Z = H D O D Q G

& \$ / / ) 2 5 \$ % 6 7 5 \$ & 7  
6 8 % 0 , 6 6 , 2 1 6  
: H Z D Q W W R K R U I U R P <

- 3UDJPDWLF μUHDO ZRUOG↑ UHVHDFK
- 1HZ NQRZOHGJH DQG LQQRYDWLYH PHWKRGRORJL
- &OLQLFDO K\SRWKHVLV RI XQLTXH LQVLJKWV DQG WKDW ZDUUDQW DWWHQWLRQ

- Case Presentations welcome

Full Abstracts Submission Information



**AIMA NZ**  
**Conference**  
 6-7 April 2019  
 AUT University, Auckland NZ  
 [Australasian Integrated Medicine Assoc]

The AIMA NZ Conference 2019 is NZ's preeminent event for the local Integrative Medicine community, and this year's [program](#) is better than ever with a brilliant line-up of passionate national and international experts sharing the latest updates and insights on important areas of day-to-day practice including:

*Nutrition - Genetics/Nutrigenomics - Food Intolerances - Mouth & Gut Microbiome  
 Endometriosis - CBD Research & Prescribing Speaker Info [here](#)*

**IIMHCO Members** (Sponsors, Exhibitors, attending Delegates) all have access to a **discounted ticket price of \$325** (full non-member price is \$400).

Book tickets [here](#). [IIMHCO Members access the Special Ticket Price by clicking the "Full Conference – Partner Association" option on the ticketing website.]

**Early-Bird ticket prices available until 31st January 2019**

## IIMHCO WHO WE ARE & WHAT WE STAND FOR

### Definition of IMHC "Integrative Maternity HealthCare"

IMHC is the maternal-neonatal 'division' of IM (Integrative Medicine).

IMHC is when the medical and the holistic, the contemporary and the traditional, the mainstream and the alternative all respect how they complement each other, and form a united revolution of cohesive evolution, to create the ultimate in Best Practice Maternity Care.

### IIMHCO Mission Statement

A visionary aim for the revolutionary Maternity-Care cross-discipline exchange of progressive research, innovative knowledge, enlightened experience and radical ideas; in a medically professional and universally holistic environment of liberal open-mindedness; for the compelling passion to create a global impact, by giving Women worldwide access to triadic body-mind-spirit maternal-neonatal health well-being, inspired by the values of humanistic empowerment.

### Our Purpose

To be the global leader & influencer 'umbrella organization' collaborating Integrative Medicine with Maternity HealthCare internationally.

From Midwives to Medical Herbalists, from Hypnobirthers to Homeopaths, from Obstetricians to Osteopaths – and every therapeutic discipline in-between; with our collective goal being to uphold the World Health Organisation mandate: "Optimal health and well-being are inclusive of the physical, social, psychological, emotional and spiritual dimensions of life."

### OUR CORE VALUES

1. **EMPOWERING CATALYST OF CHANGE FOR FREEDOM** – Passionately compelled to improve outcomes for expectant mothers-to-be internationally, for women to have the right to experience the Birth of their Dreams.

2. **'WHOLISTIC' PRINCIPLES** – Integrative corporate mentality that is holistic and naturopathic, which organically grows networking referrals exponentially.
3. **JOYFUL INTEGRITY** – Team & Customer inter-relationships that are always genuine, kind, caring, honest, respectful & fun.
4. **BENEVOLENT CAPITALISM** – Combining the power of free-enterprise entrepreneurial ethics, with generous altruistic impactful Giving.

#### Outdated Outmoded Titles:

We do not believe IM (Integrative Medicine) should continue to be refer to itself as Complementary (meaning *combined with allopathic*) or that it should continue to refer to itself as Alternative (meaning *an unconventional substitution*). Oftentimes the Complementary/Alternative treatment alone can be the complete remedy, and the Remedy itself is oftentimes substantially more ancient and proven than the modern equivalent drug.

#### Overdue Updated Titles:

We suggest a modernising of terminology to be *TCHTs* (Traditional & Contemporary Holistic Therapies) & *MMTs* (Modern Medical Treatments)

#### Note:

IIMHCO recognises that complementary therapies can have important effects on the progress of pregnancy, labour and birth, and the postnatal period for both the woman and her baby. Maternity health professionals incorporating these therapies into their practice should either have undertaken a recognised education qualification or refer clients to appropriately qualified practitioners.



Do join us at [FaceBook](#) or [LinkedIn](#) or both.

We will soon be regularly posting interesting Content on latest Integrative Maternity HealthCare discoveries - and latest Workshops & Conference news

