



**State Committee  
EVENT NEWS**

**NSW State Committee Event | 12 November 2017 | Part A: Interval Weight Loss | Part B: Skin Care Is Equal to Health Care | Presented by Nicholas Fuller and Qing Huang**

Dear Member

Please see below regarding an upcoming NSW State Committee CPD event.

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**NSW State Committee Event | 12 November 2017**

**Part A: Interval Weight Loss**

**Part B: Skin Care Is Equal to Health Care**

***Presented by Dr Nicholas Fuller & Qing Huang***

**Part A:**

Could we be dieting ourselves fat? Most diets were invented from the 1980s onwards, yet obesity rates have trebled since then. Dr Nick Fuller, one of Australia's leading obesity researchers, explains why we should never 'diet' again, let alone say the word. Dr Fuller will show how he has helped hundreds of his patients to overcome their weight loss plateaus, simply by using his interval approach to trick the body in to believing it's at a new set weight point.

Learning Outcomes

- How the fight or flight response affects weight loss and why weight will always rebound after a diet
- Why every time a diet fails, it becomes harder and harder for the body to lose weight the next time
- Why jumping on the scales regularly is good for weight loss, but calorie counting is bad
- Why skipping meals is much more likely to lead to weight gain than eating as much as you can at five full meals a day
- Why eating dinner at the dinner table is so important for weight loss
- How to enjoy dining out, takeaway and 'treat' foods while on the path to weight loss
- Why we should stop avoiding carbs, oils, nuts, and the myth of 'bad' vegetable.

**Part B:**

Although it seems that the methods of skin care have no business with practitioners, it is obvious that many patients suffering from facial conditions need to be taught how to care their sensitive skin before recovering entirely.

Teaching materials to be presented include:

- Principles of skin care,
- Types of skin with types of skin care methods,
- Introduction of cosmetic herbs & acupuncture.

Upon the successful completion of this seminar/workshop, participants will:

- Understand how to choose the correct cosmetics for the patients suffering from facial skin conditions,
- Understand how to protect skin, even in the situation of being exposed to severe UV in Australia.

### About the presenters

**Dr Nick Fuller** is a leading obesity researcher in Australia and has been running the clinical research program at the Boden Institute, Charles Perkins Centre in the University of Sydney for the past decade.

He has helped hundreds of people on their weight-loss and lifestyle journeys and investigated a broad range of topics including dietary and exercise programs, appetite hormones, commercial programs, complementary and conventional medicines, medical devices, and weight-loss surgery.

He completed his doctorate on the efficacy and cost-effectiveness of different obesity weight-loss treatments, and has also completed degrees in exercise physiology and nutrition and dietetics.

**Dr Qing Huang** received her formal training in Chinese medicine and western medicine from Beijing University of Chinese Medicine. She is specialist in dermatology with experience and skills in managing many skin conditions with an integrative approach of both traditional and conventional medicines. Skin conditions include acne, seborrheic dermatitis, chloasma, hair loss and many other common but intractable disorders.

She is good at cosmetic herbs & acupuncture for facial skin conditions as well. Many shows of satellite TV, such as Beijing Jiangsu, Jilin, Gansu, etc. invited Dr Huang as VIP Specialist promoting the knowledge of skin care and prevention of common skin conditions.

### Event Details

<b>Date</b>	12 November 2017
<b>Time</b>	Part A: 9.30am - 13.00pm; Part B: 14.00 - 17.15pm
<b>Cost</b>	<p>Part A: Members: \$50 (\$60 if paying at door); Student Members: FREE; Non-members: \$60 (\$70 if paying at door)</p> <p>Part B: Members: \$50 (\$60 if paying at door); Student Members: FREE; Non-members: \$60 (\$70 if paying at door)</p> <p>Both parts: Members: \$100 (\$120 if paying at door); Student Members: FREE; Non-members: \$120 (\$140 if paying at door)</p> <ul style="list-style-type: none"><li>• <b>Please register with AACMA prior to the event. Seats are limited and NO walk-ins will be accepted on the day if the number limit has already been reached.</b></li><li>• <b>No fees for AACMA student members whether pre registered or walk-in if venue limit has not been reached.</b></li><li>• <b>Non AACMA student members pay the same price as non AACMA member registrants.</b></li><li>• <b>Students need to show their current student card on attendance at the event.</b></li></ul>
<b>Venue</b>	Sydney Institute of Traditional Chinese Medicine, Level 5, 25 Dixon St, Haymarket NSW 2000, Australia
<b>CPD</b>	6 CPD points (Part A: 3pts; Part B: 3 pts)

## Registration

**Via Office** RSVP on or before 12:00 PM EST, Thursday 9 November 2017.  
Contact AACMA national office on 07 3457 1800 or email [aacma@acupuncture.org.au](mailto:aacma@acupuncture.org.au)

**Please bring your AACMA Tax Invoice as proof of your seminar registration and payment**

***Registrations and payments are to be done either via BPAY or over the phone via credit card.  
Please contact AACMA national office on 07 3457 1800.***

**This is an AACMA-organised seminar.  
All enquiries should be directed to AACMA.**

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## Who can attend AACMA State Committee events

Attendance at AACMA State Committee events is open to AACMA members and non-members who are either CMBA-registered Chinese medicine practitioners or students enrolled in an AACMA/CMBA-approved acupuncture or Chinese medicine program.

Preference will be given to AACMA members where numbers are limited.

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## Cancellation policy for paid events

Cancellations received one week or more before the event date will incur a \$20 administration fee. There are no refunds for cancellations received less than one week before the event or for failure to attend the event; however, a credit, minus the \$20 administration fee, can be retained for future events.

Any changes to event date, time, location, content or speaker(s) will be advised by the AACMA office before close of business on the Friday prior to the event.

Cancellation of registration due to event change(s) received before the Friday prior to the event can be arranged as a refund or credit for future events. Cancellation due to event change(s) received after the event date will be arranged as credits only if the registrant did not attend the event.

Please note that the AACMA office is not able to notify registrants of any event changes that may happen after the close of business of the Friday prior to the event.

If you are travelling interstate for the event, please plan your itinerary after confirming with us.

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