

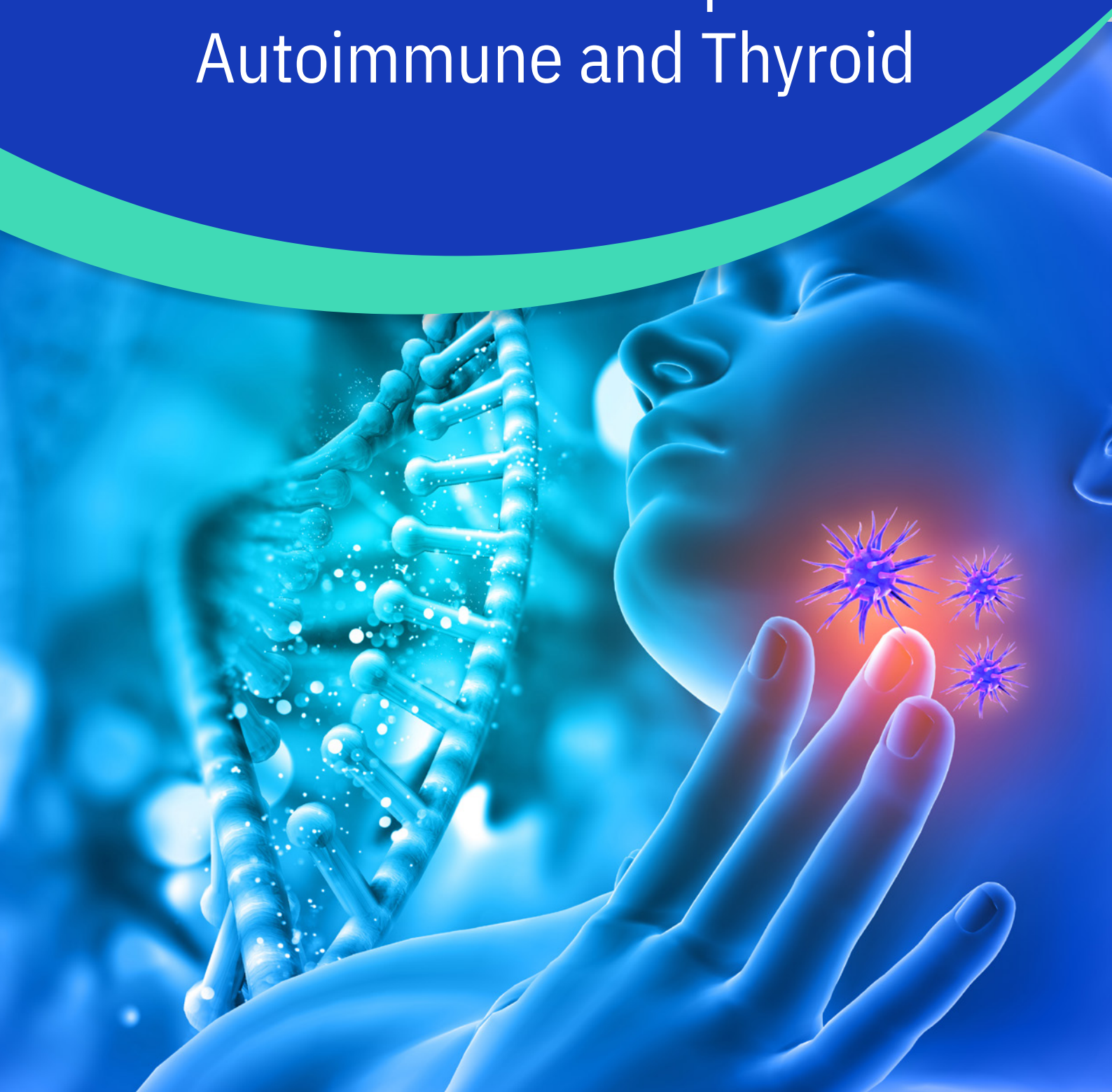


MTHFRSUPPORT[®]
Pioneers in Health. Science. Genetics.

May 17-18 2025

Genomic Workshop

Advanced Techniques for Autoimmune and Thyroid



For more information: www.mthfrsupport.info/thyroid

Platinum Sponsors



Gold Sponsors



Silver Sponsors



For more information:

www.mthfrsupport.info/thyroid

Day 1 - Saturday May 17

Event Registration 8:30-9:00 am (30 min)

9:00-9:10 am **Welcome and Introduction** Jessica Birch

9:10-10:00 am

Foundations in Autoimmunity: Key Variants Every Practitioner Should Know

Discover the role of functional genomics in managing autoimmunity and thyroid disorders by exploring key genetic variations, including IL-6, TNFA, CRP, BCOM1, VIT D, and MTHFR. Gain insights into how these genes affect inflammation, immune function, and thyroid health, along with actionable strategies for creating personalized treatment plans based on genetic and environmental factors to enhance patient outcomes.

Speaker: Carolyn Ledowsky

10:00-11:00 am

Putting the brakes on multiple autoimmune syndrome (MAS)

Learn about Multiple Autoimmune Syndrome (MAS) and how it differs from single autoimmune diseases through insights into immune dysregulation and loss of tolerance leading to multiple conditions. Explore the underlying genetic and environmental factors, diagnostic approaches, and strategies for slowing progression. Understand safe integration of natural therapies with pharmaceuticals for effective long-term management and prevention of further autoimmune issues.

Speaker: Dan Sipple

Break 11:00-11:30 am (30 min)

11:30-12:30 pm

Genomics For Gut Health

Explore how genetics shape gut health by understanding key variations linked to lactose intolerance, coeliac disease, and the FUT2 gene's role in autoimmunity. Discover the genetic influences on oxalate and histamine breakdown, which impact digestion and can contribute to discomfort. Gain insights into using genomics to develop personalized treatment and prevention strategies that address root causes of gut dysfunction and improve patient outcomes.

Speaker: Carolyn Ledowsky

12:30-1:30 pm

From Genes to Gut: Managing Autoimmune Disease Through Microbiome Modulation

Discover how the gut microbiome regulates immune health and its connection to autoimmune conditions like rheumatoid arthritis, Hashimoto's, and lupus. Learn about targeted interventions to restore gut balance and tools, such as stool testing and genetic panels, to assess microbiome health and genetic predispositions. Gain insights into creating personalised treatment plans based on comprehensive genetic and microbiome testing.

Speaker: Dr Brad Leech

Lunch Break 1.30-2.30 pm (2.00-2.30pm - Bioclinic Talk)

2:30-3:45 pm

Interactive Case Study

Be guided through the step by step process of how to use genomics for gut-based autoimmune conditions, in this Interactive case study presented by MTHFR Support's Gut Specialist Kate Troup

Speaker: Kate Troup

Afternoon Tea Break 3.45- 4.15

4.15- 5.00 pm

Expert Q+ A Panel

Q+ A and Closing Remarks

Speakers: Brad Leech, Dan Sipple and Kate Troup

Day 2 - Sunday May 18

Arrival: 8:30-9:00 am (30 min)

9:00-9:10 am **Welcome and Introduction** Jessica Birch

9:10-10:00 am

Introduction to Thyroid Genomics

Explore the genetic factors that influence thyroid health and how genomics can aid in diagnosing and managing thyroid disorders. Understand the impact of specific genetic variations on thyroid function, contributing to conditions like hypothyroidism and hyperthyroidism, and learn to use genetics for personalised treatment. Discover practical ways to integrate genetic testing into clinical practice for improved thyroid management.

Speaker: Carolyn Ledowsky

10:00-11:00 am

Hashimotos and Graves Disease

Delve into the genetic and environmental factors driving Hashimoto's and Graves' disease, focusing on immune dysregulation's role in these conditions. Learn how lifestyle and environmental triggers can influence disease progression, and gain practical strategies for creating personalized treatment plans to manage autoimmune thyroid disorders effectively.

Speaker: Lisa Costa-Bir

Break 11.00-11:20 am (20 min)

11:20-12:20 pm

Toxins, Thyroid, and Immunity: Understanding the Environmental Triggers of Autoimmune Disease

Explore the link between toxins, thyroid function, and immunity, focusing on how environmental triggers can drive autoimmune disease. Learn about common toxins impacting thyroid and immune health, review the latest research, and discover effective detoxification and protection strategies to support patient wellness.

Speaker: Nicole Biljsma

12:20-12:50pm

Understanding The Tox Detect Test

RN Labs

Lunch Break 12:50-2.00 pm (70 min) ACNEM and Kingsway Sponsor talk

2:00-3:00 pm

How To Address Post Pregnancy Thyroid Issues

Examine thyroid issues that can develop after pregnancy, such as postpartum thyroiditis, and understand how hormonal changes impact thyroid function. Learn to recognise common symptoms, explore genetic factors influencing postpartum thyroid health, and gain insights into early diagnosis and personalised treatment options for optimal postpartum thyroid support.

Speaker: Miranda Myles

3:00-3:45 pm

Expert Q+ A Panel

Direct Access to Leading Experts. Clarify concepts. Ask questions and receive expert answers

Speakers: Carolyn Ledowsky, Lisa-Costa Bir, Dr Miranda Myles

Break 3.45- 4.05 pm (20 mins)

4:05-5:00 pm

Interactive Case Study

Be guided through the step by step process of how to use genomics for thyroid autoimmune conditions, in this Interactive case study presented by MTHFR Support Founder Carolyn Ledowsky.

Speaker: Carolyn Ledowsky

5:00-5:15 pm

Closing remarks

Speaker: Carolyn Ledowsky



Carolyn Ledowsky

Carolyn Ledowsky is the founder of MTHFR Support Australia. She is a naturopath, herbalist and nutritionist who has a Bachelor of Health Science (Naturopathy) Honours, Bachelor of Herbal Medicine, Bachelor of Naturopathy, Advanced Diploma of Naturopathy and Diploma of Nutrition, also having studied courses in genetics at Duke University and The University of Maryland in the US.

Carolyn is a Health Scientist and researcher who is passionate about the rising rate of infertility around the world. Her recent Journal publication highlights the potential effects that MTHFR polymorphisms may have on fertility in both men and women. She has completed her Honours thesis where she documented the forms and doses of folate that practitioners in Australia are prescribing for women with infertility and MTHFR polymorphisms, the results suggest that 5-MTHF is being used over folic acid and at higher doses to achieve a successful pregnancy and live birth. Carolyn is currently furthering this research at UTS, where she is completing her PhD and investigating the use of folic acid vs methyl folate in a randomised clinical trial pilot study in couples with recurrent miscarriage. She is also investigating the effects of excess folic acid on pregnancy and birth outcomes.



Dan Stipple

From a path of illness, to discovery and eventually recovery, Dan Stipple has ridden the wave first hand and knows the system inside and out.

As a result of his personal experience and clinical expertise, he has a unique ability to recognise where to begin with every individual he works with. Dan's method does not feature cookie-cutter protocols and recipes for wellness, but rather offers fully customised treatment plans for his patients which he considers the backbone of his approach and successful clinical outcomes.

Dan is a fully qualified Naturopath, Nutritionist and herbalist with a Bachelor of Health Science. He is a registered member of the Australian National Therapists Association (ANTA). Dan is passionate about the areas of gut & microbiome modulation, hormone optimisation, autoimmune disease, stealth infections, immunity and anti-ageing medicines.



Lisa Costa-Bir

Lisa is a practicing naturopath in South Sydney. After being diagnosed with the auto-immune condition, Hashimoto's thyroiditis, one year after having her daughter, Lisa's passion now lies within all things thyroid and auto-immune related.

She has a Masters of Womens Health (UNSW) & Bachelor of Applied Science in Naturopathy, both from the University of Western Sydney, and is currently completing a Masters of Sexology at Curtin University.

Lisa is a contributing author to both editions of Clinical Naturopathic Medicine & Advanced Naturopathic Medicine and is also an educator, working as an academic lecturer & clinical supervisor at Torrens University as well as an Adjunct Fellow of the National Centre for Naturopathic Medicine. She is also a host of the popular podcast FX medicine.



Dr Brad Leech

Dr Brad Leech is a PhD-qualified Clinical Nutritionist and Herbalist with over 15 years of expertise in gastrointestinal health and chronic autoimmune conditions. Combining functional nutrition, integrative medicine, and holistic wellness, Brad delivers personalised, evidence-based care to his patients. Throughout his career, he has been at the forefront of gut health research, investigating intestinal permeability, autoimmune disease management, and food-based probiotics. He also holds the position of Adjunct Fellow at the National Centre for Naturopathic Medicine.

In addition to patient care, Brad is passionate about empowering practitioners with the knowledge to enhance their clinical practice. Over the years, he has mentored thousands of practitioners, providing them with the tools to navigate the complexities of gut health.



Kate Troup

With 25 years' experience as a Naturopath including a wealth of practice in all elements of methylation at MTHFR Support, Kate's knowledge, experience and wisdom helps to guide people back to their best state of health.

Her in-depth understanding and experience in dealing with MTHFR and methylation, as well as other genetic areas such as COMT, MAO and CBS, gives Kate a unique insight to the possible causes of many common health concerns. Kate combines leading-edge scientific expertise with traditional know-how, and a wealth of experience from many years of clinical practice.

Adept at utilising and interpreting cutting edge functional health testing including 23andme, AncestryDNA, DUTCH, OAT, CDSA, heavy metals, mould toxicity and nutrient levels, Kate will bring together all facets of your health to develop a tailored holistic plan incorporating diet, nutrition and lifestyle, just for you.

In addition to her in-depth authority of all aspects of methylation such as fertility and pregnancy, preventative health and general wellbeing, Kate has a particular interest in complex issues such as digestive health including SIBO, histamine intolerance and mast cell activation, CFS, mould toxicity and MCS, and how methylation can play a significant role in them.



Nicole Biljsma

Nicole is a woman of passion and her passion lies in environmental health. With a background as a former naturopath and acupuncturist, with 15 years of clinical experience, she made a remarkable career transition to establish the healthy home movement (building biology) in Australia after noticing a significant correlation between her patients' illnesses and the health hazards present in their homes.

For over thirty years, Nicole has been lecturing at tertiary institutions, imparting her wisdom in the fields of nutrition, Chinese Medicine, and environmental medicine. She is the leading authority on how to test homes for mould, electromagnetic fields, and toxicants through the Australian College of Environmental Studies which she founded in 1999 where she single-handedly, established the building biology industry in Australia. The college is a registered training organisation that provides the only nationally accredited training in mould, electromagnetic fields, allergens and toxicants in Australia. Her expertise has been recognized by peer-reviewed journals, where she has published her groundbreaking research. As a highly sought-after speaker, she has presented at conferences both in Australia and internationally, including the USA, Malaysia, Thailand, and New Zealand. She was also an industry expert for the first Australian Standard for Mould in Australia.



Dr Miranda Myles

Dr Miranda is an Integrative Naturopath, Acupuncturist & Women's Health & Fertility Expert, transforming health & hormones for her patients, determined to help them feel better in their body.

Dr Miranda is a thought leader in women's health, hormones & fertility. With 22 + years experience Miranda has successfully worked with more than 20,000 patients in natural gynaecology & reproductive medicine, IVF/DEIVF support, male factor (in) fertility, emotional health.

Academically, Miranda is an expert in Nutritional Biochemistry & Nutritional Medicine, and a highly respected lecturer, speaker & mentor, nationally & internationally. Her mantra is Test Don't Guess- she is obsessed with pathology and is known for her ability to accurately understand and easily explain blood test results to help everyone know their bodies' better, and become all they can be, naturally.

She is Director of Freyja Health and the Thyroid Institute of Australia (coming soon), Medical Adviser for Askle, Host of her podcast The Donor Project, co-author of "Blood Chemistry : How to interpret blood tests for optimal health" and has several new books on the way including "Fertile You - 100 fertility protocol to conceive more easily"