



**IFPA Conference 6<sup>th</sup> October 2012, Hilton Hotel, Watford**

**Biographies of Our Speakers and Abstracts of Presentations**

**Dr Jane Buckle PhD RGN**

Jane Buckle, PhD, RN is the director of R J Buckle Associates: an educational consultancy in clinical aromatherapy and the M Technique - Dr Buckle's patented form of structured touch (1994). The M Technique is recognized as part of holistic nursing care in the USA and is used in over 22 hospices in the UK. The M Technique is simple enough to teach a child and often has measurable results within 5 minutes.

Dr Buckle was an NIH-funded post-doctoral Research Fellow at the University of Pennsylvania, Philadelphia until Sept 2005 where she researched the physiological effects of the M technique and massage on the brain. In 2005 she relocated back to UK to be the Principal Lecturer/Programs Manager: Complementary Medicine at Thames Valley University, London. She retired from full time academic life in 2010. She still lectures internationally and is a reviewer for several journals.

Her book *Clinical Aromatherapy: Essential Oils in Practice* (Churchill Livingstone 2003) has been reprinted 9 times and has been translated into many languages. Dr Buckle has trained over 2000 people in the M Technique and advised on over 450 pilot studies – mainly in clinical settings. She has a team of certified instructors who teach her courses in the USA, The Netherlands, UK and South Africa. She has been a grant reviewer for NIH in USA and the NHS in UK and is still actively involved in research.

## **Presentation - - The M Technique - A Great Tool for Aromatherapists**

This presentation will describe what the M Technique is and why is it a useful tool for aromatherapists. It will also highlight some of the ways the M Technique has been used by aromatherapists, massage therapists, nurses and doctors in USA, The Netherlands, South Africa, Japan and the UK.

### **Jan Kusmerick N. D.** Consultant Aromacosmetologist

Jan Kusmirek has specialised in the application of essential oils and absolutes to cosmetics, perfumery and medicine for some thirty years. His underpinning philosophy is founded in Naturopathy in which he qualified prior to being tutored in Aromatherapy by Tricia Davis and Chrissie Wildwood.

He helped found the Fragrant Earth Company itself a pioneer and influence on Aromatherapy around the world and he remains a part time director so enabling him to remain close to production and research. He has always been a proponent of organic growing but does not ascribe special qualities to this agricultural method beyond environmental benefits. In both Aromatherapy and Organic agriculture he has served on a variety of committees. In the early days of Aromatherapy he worked tirelessly to establish a legal framework for the therapy not only in the UK but in the USA, the Baltics and the Czech Republic and in those countries his work has been well recognised.

Today although semi-retired he continues to promote further post graduate education in Aromatherapy and he remains closely connected to the development of aromatics and perfumery in the spa and cosmetic world. Travelling worldwide for research and speaking tours he keeps an international perspective on Aromatherapy.

### **Presentation -- Aroma Physics**

A Key to understanding the nature of the anatomy of smell and the behaviour of aromatic molecules.

There has long been a debate as to the merits of topical application versus internal consumption. The discussion has been confused by legislation. Aroma and the impact of smell alone and its pathways have not received the attention deserved. Smell pathways and receptors need re-examination in the light of research from related industries such as perfumery and the new biology. A better understanding of bioelectrics and related brain chemistry has given rise to a clearer perception and appreciation of why Aromatherapy is such an individual treatment and how the giver in massage is related to the effect on the recipient.

Aromatherapy relates more closely to homoeopathy than has previously been accepted. The latter is often discredited by orthodoxy but has a philosophy that sits well to Aromatherapy. Aroma Physics enables therapists to make the bridge between effect or function and chemical anomaly. The anatomy of feeling becomes all important in conditions where the immune system needs to be stimulated. Whilst primary education concentrates on chemical functional groups the behaviour of the molecule is affected by an individual response to signal rather than drug interaction.

### **Inge Westerlinck**

Inge Westerlinck Dip. Ed., MIFPA, MCNHC, MCThA, MMLDUK, MBLS is a qualified Natural and Complementary Healthcare Practitioner. She is a Massage and Reiki Master and holds qualifications in Aromatherapy and Therapeutic Massage, Manual Lymphatic Drainage and Combined Decongestive Therapy III (Dr Vodder), Kinesio taping, Cranio Sacral Therapy I (Upledger), Connective Tissue work, Sports Therapy, Traditional and Advanced Thai Medical Massage, Samudra Massage, Hydrotherm Massage, Chinese Facial Diagnoses and Treatments, Pulse and Tongue Diagnoses, Indian Head Massage, Ear Candle Therapy, Swiss and Thai Reflexology, Foot Reading, Nutrition and more.

Inge has been integrating different forms of body work, nutrition and the use of essential oils in client treatments for the past eleven years and has created her own methods to assist the body in accessing its inner physician to help heal body, mind and spirit and empower her clients to help themselves.

It is Inge's aim to empower practitioners to feel more confident about finding their own way of incorporating different techniques to help their clients and to believe in their intuitive abilities as a practitioner.

Inge studied these different techniques all over the world, Thailand, Canada, Austria, Belgium and the UK and has experience of over eighteen thousand treatments on clients in her private practice in Saltburn by the Sea.

### **Presentation -- Aromatherapy in combination with MLD**

Inge has been combining Manual Lymphatic Drainage (MLD) and Aromatherapy in client treatments for the last five years and will explain how MLD/CDT can be integrated in an aromatherapy practice to increase results in treating clients with a variety of conditions.

Inge will discuss the history and application of MLD and by presenting a few case studies will demonstrate how essential oils and MLD can be combined to put together an effective treatment plan to increase healing or maintain homeostasis in a natural and non invasive way.

MLD is both preventative and remedial and can enhance general well being. It is deeply relaxing, promotes the healing of fractures, torn ligaments, sprains and lessens pain. It can improve many chronic conditions. It may strengthen the immune system as part of “detox” treatment. MLD relieves fluid congestion: swollen ankles, tired puffy eyes and swollen legs due to pregnancy. It is an effective component of the treatment and control of lymphoedema (which may occur after cancer treatment) and assists in conditions arising from venous insufficiency. It promotes healing of wounds and burns and improves the appearance of old scars and minimizes or reduces stretch marks. It can also be used to speed healing after cosmetic surgery.

### **Benjamin Brown N.D.**

Benjamin is a leading authority on integrative and complementary medicine and sought after speaker. He regularly conducts seminars for practising health professionals and guest lectures at a number of colleges and universities.

Benjamin completed his studies in Naturopathic Medicine at the Australian Academy of Natural Therapies, where he was awarded academic excellence. Naturopathic medicine is a distinct profession of primary health care, emphasizing prevention, treatment and the promotion of optimal health.

Naturopathic medicine integrates conventional clinical medicine and diagnostics with a broad range of natural therapies including therapeutic lifestyle change, nutritional and herbal medicines. Benjamin is trained in Clinical Medicine, Counselling, Clinical Nutrition, Traditional Chinese and Ayurvedic Medicine, Herbal Medicine and Lifestyle Counselling.

As well as extensive clinical experience Benjamin has worked in research and development for one of the worlds leading natural and lifestyle medicine companies. His broad industry experience has seen him develop a number of complementary medicines, author successful dietary and lifestyle change programmes and head continuing professional education courses.

Benjamin also writes a regular column for CAM magazine, the UKs leading complementary medicine publication as well as maintaining a popular blog and newsletter.

### **Presentation The Stress Continuum: Anxiety, Insomnia, Depression and Burnout How to Beat Stress the Natural Way**

Fatigue, anxiety, brain fog, poor memory, difficulty sleeping, weight gain, food cravings, heart disease, diabetes, depression and dementia are just some of the consequences of chronic stress. The symptoms of stress develop so subtly, and are so diverse, that many people do not even realise the profound influence stress has on their quality of life.

Our view of stress has changed in recent years and we now realise that the effects of chronic stress are not simply the result of emotional worry but the cumulative influences of our lifestyle including the food we eat, our quality of sleep, alcohol and drug use and the quality of our relationships. Over time the collective pressure of the diverse causes of stress in our daily life exhausts our reserves and can result in burnout.

This exciting and informative lecture reveals the many faces of chronic stress, will help you identify the effect stress may be having on your health and acts as a roadmap for reversing the dire consequences of chronic stress. Through a series of practical steps you will be given the tools and knowledge you need to reclaim your health and avert collapse.