

How to: get the most out of Education and My Learning

Firstly, what is the difference between the Education and My Learning menus?

The **Education menu** is where you will find our full resource library containing educational materials, clinical tools and events. Easily find our newly added resources at a glance, or search for something more specific by typing a condition or ingredient you want to find out more about.

Our Education catalogue is a vast library of content, and we know that not all of it will be relevant to you. This is why we created the **My Learning** dashboard. Here you will find your favourite resources and tools, upcoming events you have registered for or past events you have attended, plus your certificates of attendance for these events – all in one convenient location.

Navigating the Education Menu

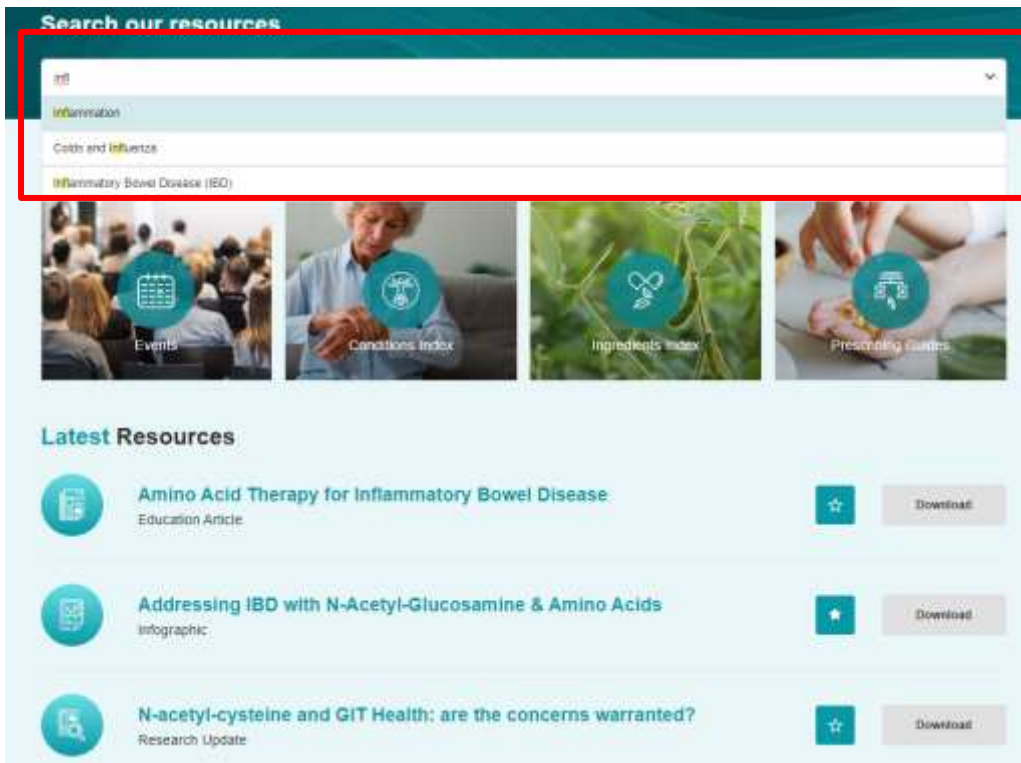
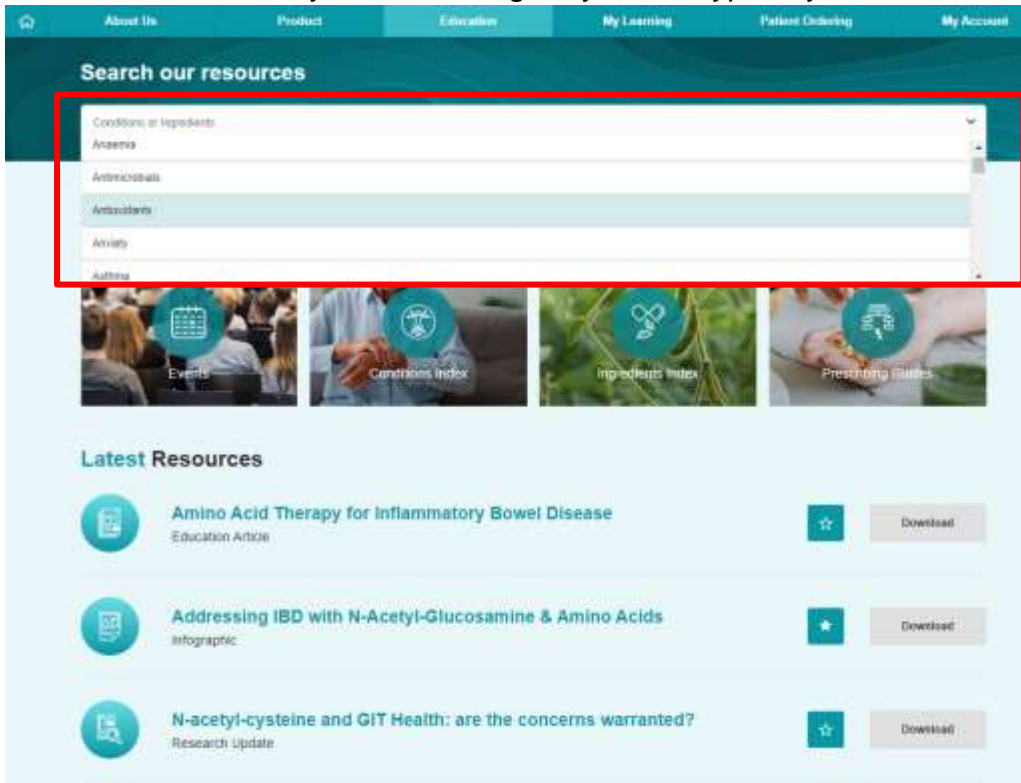


1. In the Education menu there are several options you can select:
 - a. **Search Resource Library** – a landing page where you can browse or search through all of our resources
 - b. **Events** – view our library of past and upcoming events
 - c. **Conditions Index** – search for resources based on a specific condition
 - d. **Interactions Checker** – learn about the IMgateway interaction database and its role in checking for possible herb-drug-nutrient interactions
 - e. **Blog** – our library of Blog articles
 - f. **Technical Support** – easily view contact information for our Technical Support team



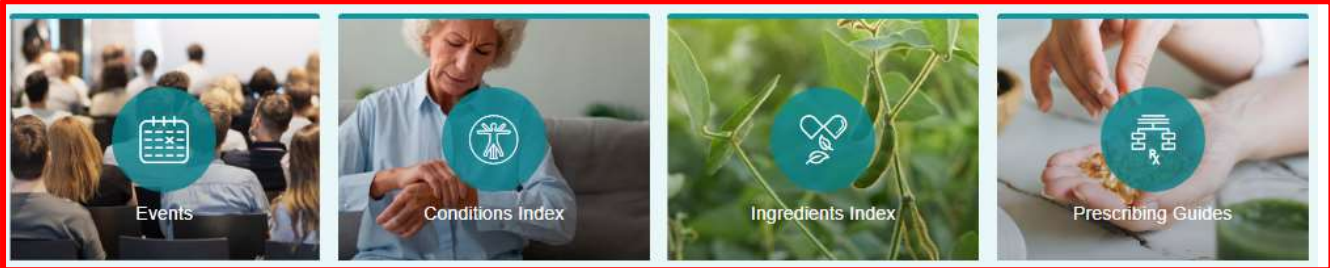
2. Search Resource Library

- a. Browse resources by conditions or ingredients by scrolling through the list, or if you know what you are looking for you can type keywords into the search bar



b. Browse by specific resource types

Browse our library



c. View the most recently added resources to keep your learning up to date. You can either Download to view now, or Star the resource to read later. If you wish to un-favourite any item you can do this by deleting it from your My Learning Dashboard.

Browse our library



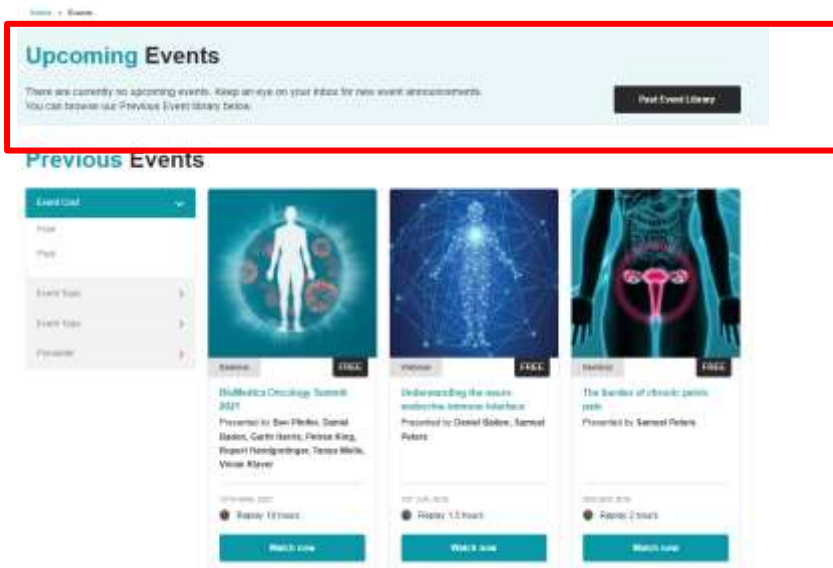
Latest Resources



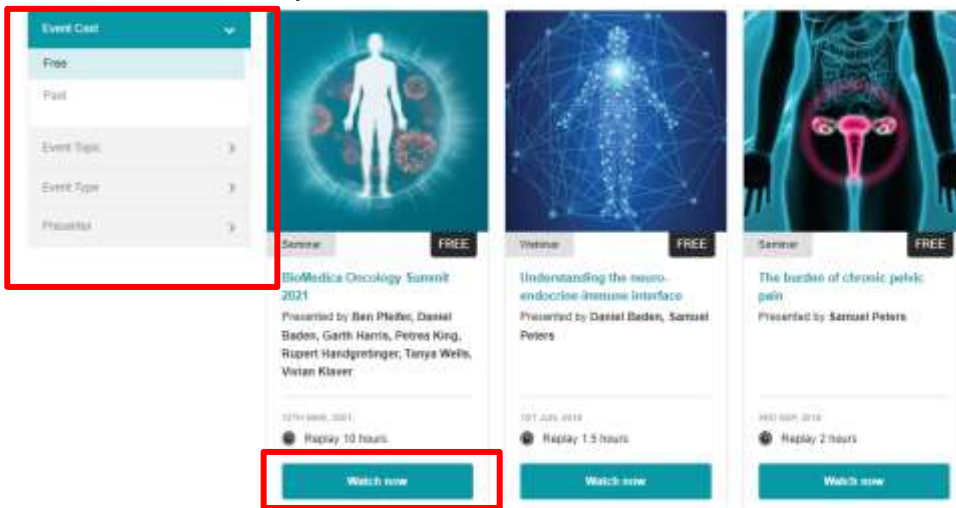
3. Events



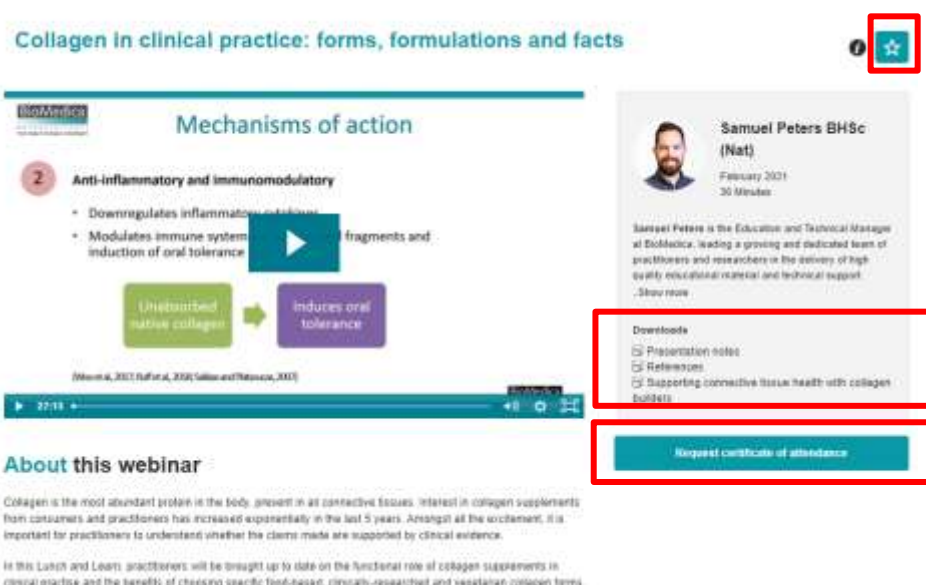
a. When there are new events available they will appear at the top of the page



b. Browse and search for past events using the left hand filters to help narrow down an event of interest to you.



c. To watch one of our free events, click the watch now button which will take you to the video viewing page. You can click the Star button to add the video to your favourites to access through your My Learning dashboard and watch at a later date. Once you have viewed the video you can request your certificate of attendance from here. You can also find handouts or materials related to this event in the grey box on the right



- d. If you would like to view a paid event that you have not yet purchased, click the Learn More button which will take you to a page that gives you more information about that event and options for purchasing. Please note Practitioner with shopping cart refers to Australian Practitioners and Final Year Students who can purchase products directly from BioMedica. Practitioner with no shopping cart refers to Practitioners outside of Australia or Students who do not yet have access to purchase BioMedica products. If you don't have a shopping cart, you will be directed to a third party website to make your purchase. Practitioners with a BioMedica shopping cart will be directed to purchase on the website. Once your purchase has been completed, all practitioners can access the recording via your MyLearning dashboard.

Previous Events

Filtered By

Event Topic: Musculoskeletal

Clear All

Event Cost


Free

Paid

Event Topic

Event Type

Presenter




Webinar \$22.73 AUD

The world of pain: a biopsychosocial framework for holistic practitioners
Presented by **Ananda Mahony**

2ND MAR, 2022

🕒 **Replay 2 hours**

[Learn more](#)




Lunch & Learn FREE

Collagen in clinical practice: forms, formulations and facts
Presented by **Samuel Peters**

11TH FEB, 2021

🕒 **Replay 30 minutes**

[Watch now](#)




Lunch & Learn FREE

Bacillopeptidase F: a novel enzyme derived from Natto (fermented soy) with extraordinary clinical potential
Presented by **Daniel Baden**

14TH NOV, 2018

🕒 **Replay 30 minutes**

[Watch now](#)



The World of Pain

A biopsychosocial framework for holistic practitioners

Persistent pain impacts 1 in 5 Australians, placing burden on health care systems and significantly impacting the individual's quality of life and mental health.


In contrast to the biomedical model for chronic pain management which focuses on a narrow pathology-based pharmacocentric view, and an ongoing search of a single anatomical or biomechanical cause, a holistic approach to chronic pain identifies multiple contributing factors across biomedical, psychological and social domains and understands that as human beings, everything matters.

Our 2-part webinar series, The World of Pain: A biopsychosocial framework for holistic practitioners, provides a framework for understanding, assessing and managing pain from a holistic and biopsychosocial (BPS) perspective. Clinical strategies and case studies are also discussed within this framework to provide clinical relevance and immediate application.

Buy Recording

Practitioner with shopping cart

Practitioner no shopping cart






Our Expert Speaker

Ananda Mahony
B.App.Sc (Nat), MScM (Pain Management)

A naturopath for 20 years, Ananda's interest in pain management emerged out of the frustration of seeing patients receive inconsistent treatment and the use of isolated pain management strategies rather than holistic care.

Clair is a Nutrition lecturer at Torrens University and private clinician at Vibe Natural Health in Brisbane. She works daily with people who are struggling with chronic ongoing pain caused by conditions such as neuropathy, migraines, IBS and fibromyalgia, and autoimmune or injury related pain among others.

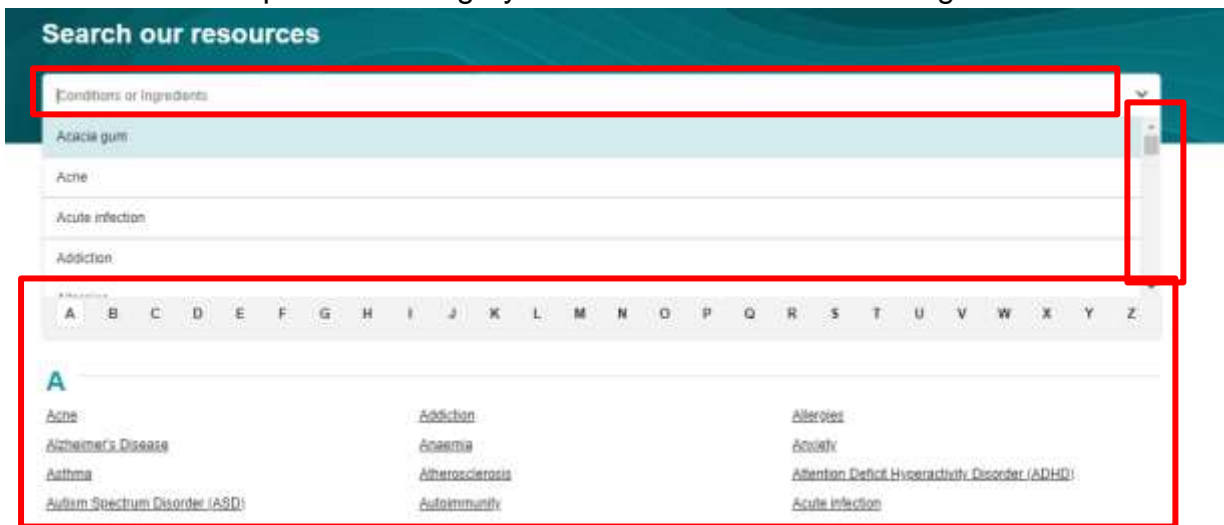
Clair's passion for education and continued learning led her to undertake postgraduate studies in Human Nutrition at Deakin University, and more recently Ananda completed a Masters in the Science of Pain Management at Sydney University to align more closely with her special interest in clinical practice. Ananda is a member of The Australian Pain Society.

	Date 23rd Feb & 2nd Mar 2022
	Duration Each session 60 minutes
	Webinar cost \$25 (incl. GST)

4. Conditions Index



- Search for resources based on a specific condition or ingredient. Either scroll through the list of conditions or type in a search term to the search box.
- Alternatively, you can view the specific conditions organised alphabetically. Click on the letters of the alphabet in the grey box to view conditions starting with that letter.



- Click on a condition to see all of the resources available relevant to the condition. Toggle across the different tabs to view the different resource types. You can either click Download to view now, or Star to revisit (in My Learning) at a later time.

Conditions Index

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A

Acne	Addiction	Allergies
Alzheimer's Disease	Anaemia	Anxiety
Asthma	Atherosclerosis	Attention Deficit Hyperactivity Disorder (ADHD)
Autism Spectrum Disorder (ASD)	Autoimmunity	Acute infection

Allergies

Technical Sheets

Prescribing Guides

Events and Podcasts

Research Updates

Education Articles

 **Addressing systemic chronic inflammation with herbal and nutritional solutions**
Technical Sheet



Download

 **The clinical application of immunomodulating beta-glucans**
Technical Sheet



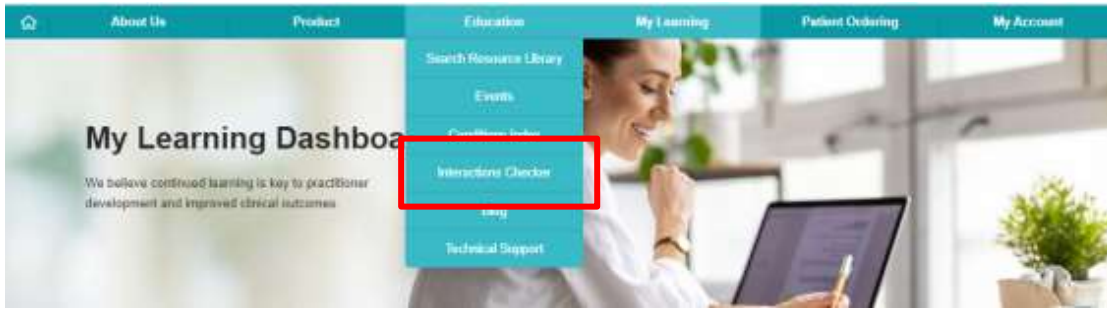
Download

 **Natural Management of Allergic & Histamine Mediated Conditions**
Technical Sheet



Download

5. Interactions Checker



This page gives you information on what the Interactions Checker and how to use it. There is a link on individual product pages to the IMGateway interaction database. Follow the instructions on this page to access the database.

Interactions Checker

Home > Interactions Checker

Prescribing confidence at your fingertips

As the practitioner company our role purpose is to support practitioners in clinical practice. One of the ways we do this is by providing all registered BioMedica practitioners with free access to the IMGateway interaction database.

Conveniently linked on each individual product page, the interaction database is a powerful tool providing evidence-based information on known interactions of herbs and nutrients when prescribed alongside drugs.

To access the interactions checker or follow these simple steps:

1. Navigate to your chosen product page
2. Click on the 'Interactions' tab (to the far right of the Formula tab)
3. Click 'View Interactions' and a new window displaying the prescribing information for that product will appear

The first of its kind in Australia, and developed in partnership with the University of Sydney, Faculty of Pharmacy, the interaction database provides:



A comprehensive overview of known interactions of your chosen BioMedica product broken down by ingredient and drug



An easy to navigate colour-coded recommendation system to help you quickly identify prescriptions that should be avoided as well as those that may be beneficial



A helpful summary of the evidence used to determine the recommendation including a review of how well-established the evidence is and advice to the patient

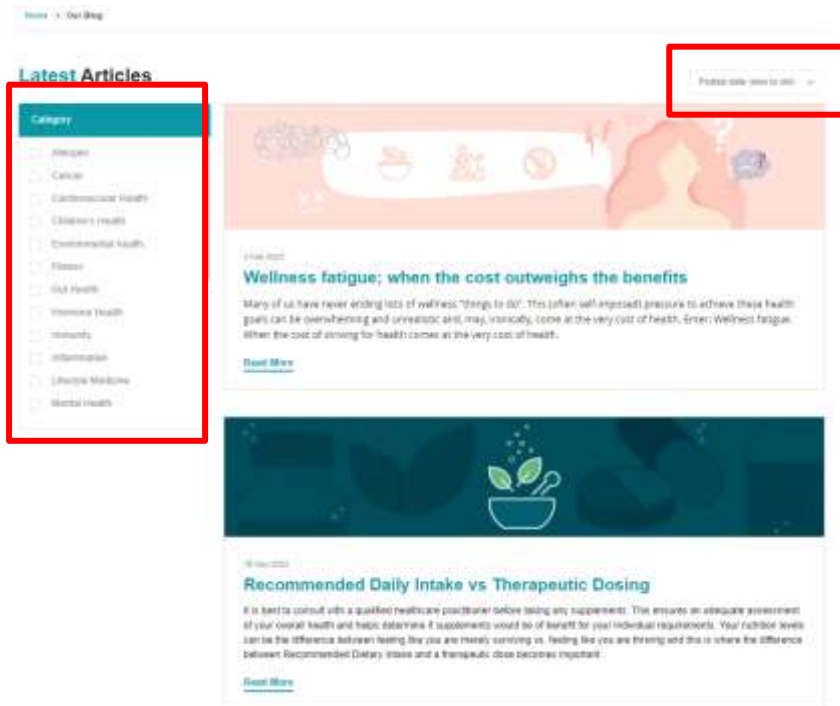


Links to and summaries of the research papers used in the determination of the interaction

6. Blog



- a) View our Blog Library. Use the filters on the left to narrow down articles based on your interest. Or sort alphabetically by article name or by date.




The screenshot shows a blog library interface. On the left, there is a 'Latest Articles' section with a 'Category' filter menu. The menu includes options like Allergies, Cancer, Cardiovascular Health, Children's Health, Commercial Health, Fitness, Gut Health, Women's Health, Herbs, Information, Lifestyle Medicine, and Mental Health. A red box highlights this menu. At the top right, there is a search bar with the placeholder text 'Please enter your search...' and a red box around it. Below the search bar, there are two article cards. The first card is titled 'Wellness fatigue; when the cost outweighs the benefits' and features a header image of a hand holding a bowl with various icons. The second card is titled 'Recommended Daily Intake vs Therapeutic Dosing' and features a header image of a mortar and pestle with a green plant. Both cards have a 'Read More' link.

- b) When reading a Blog article, you can easily share this to your Facebook or LinkedIn account by clicking on the icons at the top



Anaemia – is iron deficiency the only culprit?

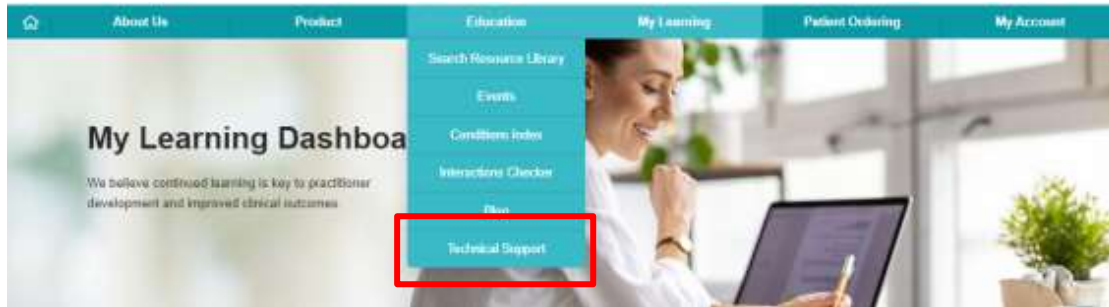
Share:  

Anaemia is one of the most common conditions encountered by primary care practitioners and naturopaths alike, estimated to affect 1.6 billion people worldwide. Iron deficiency is the most common cause and type of anaemia, however, there are various causes of anaemia that must be considered to ensure appropriate treatment and a return to full vitality following diagnosis. In this blog we will share with you the types and causes of anaemia that may be nutritionally driven or holistically supported.

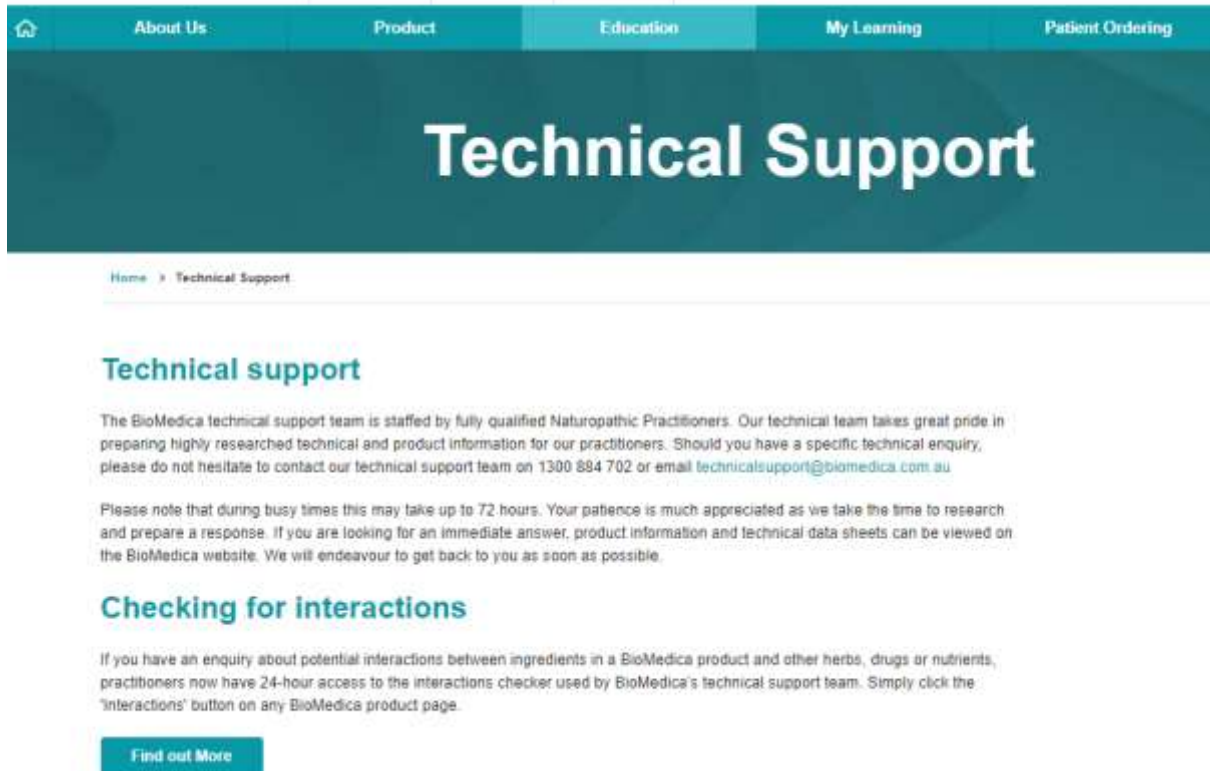
Anaemia is considered a disorder of the blood. It occurs in circumstances whereby the body does not make enough, destroys, or loses too many red blood cells. Red blood cells contain haemoglobin; a protein that carries oxygen around the body. Thus, those with anaemia have difficulty meeting physiological oxygen demands. The most common symptoms are low energy, fatigue, shortness of breath, dizziness, and light headedness. Other symptoms include headaches, chest pain, a fast or irregular heartbeat, reduced exercise tolerance, and difficulty concentrating. The various types of anaemias can generally be grouped into two groups or types: microcytic and macrocytic.

Microcytic anaemia

7. Technical Support



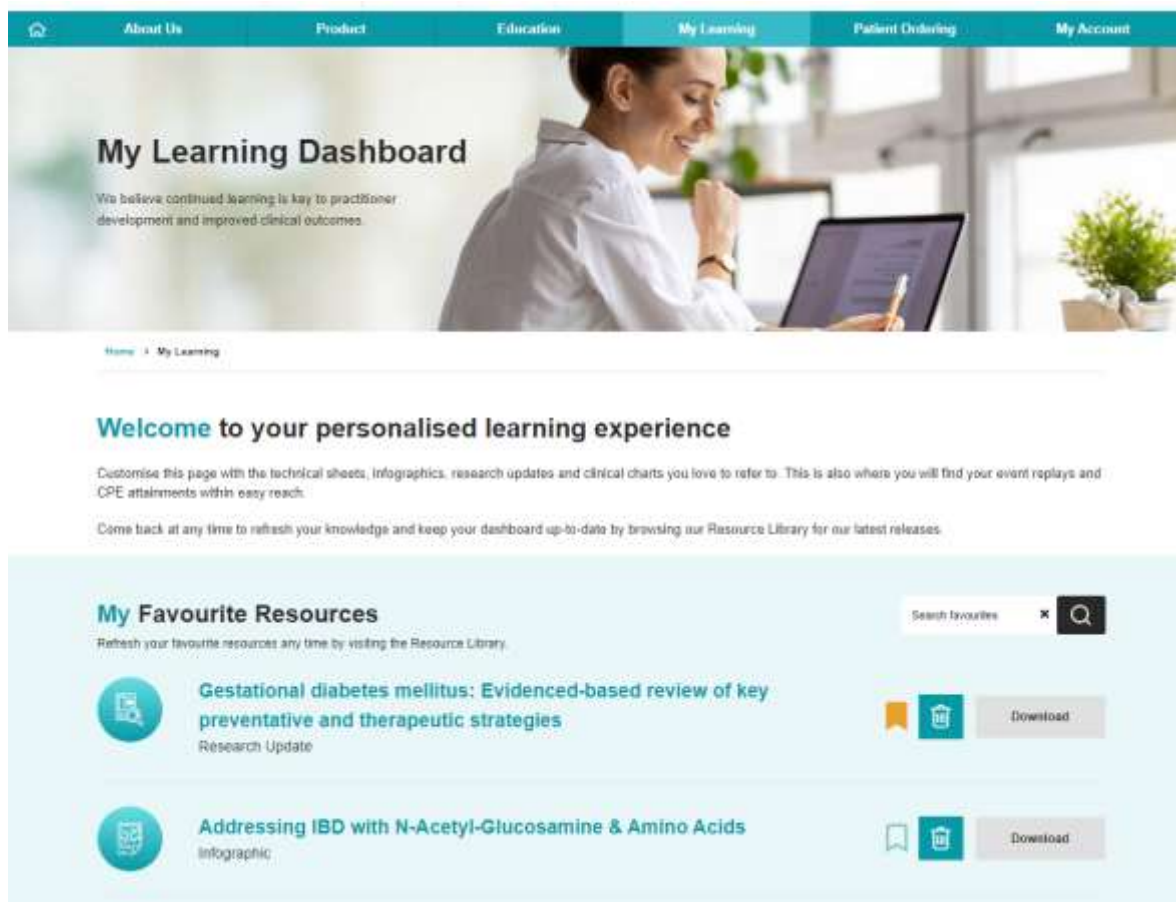
1. View information and contact details for our Technical Support team.



An introduction to your My Learning dashboard



1. To access your dashboard hover over the My Learning menu and select View My Dashboard. Here you will see your personalised learning dashboard containing all of the events and resources you have starred.



2. My Favourite Resources

- These are the resources you have starred in the Education tab.
- If you have a long list of favourites you can bookmark the ones you most regularly reference by selecting the bookmark icon beside it. It will be highlighted in orange when it is bookmarked.
- To remove an item from your favourites, hit the trash can button.
- To download the resource click on the Download button.
- You can also search your favourites using the search box at the top
- Each line shows the resource Title (in teal font) and the type of resource it is below it (in smaller black font).

My Favourite Resources
Refresh your favourite resources any time by visiting the Resource Library.

Search favourites × 🔍

Gestational diabetes mellitus: Evidenced-based review of key preventative and therapeutic strategies
Research Update

🔖 🗑️ Download

Addressing IBD with N-Acetyl-Glucosamine & Amino Acids
Infographic

🔖 🗑️ Download

Disorders of Gut-Brain Interaction Management Guide
Clinical chart

🔖 🗑️ Download

Gastrointestinal Tissue Integrity: supporting and rebuilding
Technical Sheet

🔖 🗑️ Download

3. My Event Registrations

- When you have registered for an upcoming BioMedica event, it will appear here

My Event Registrations

You have not registered for any upcoming events.
To register, visit our Events page and follow the prompts.

[View Upcoming Events](#)

4. My Event Replays

- Here you will find all of the events you have previously registered for, including paid events

My Event Replays
These are replays of events you have registered for or purchased.

Event Title	Presenter	Date	Replay Duration
Mental Health Summit 2022	Presented by Chandrika Gibson, Daniel Baden, Despina Kamper, Jules Galloway, Kobie Allison	22ND JUL 2022	Replay: 9 hours
The world of pain: a biopsychosocial framework for holistic practitioners	Presented by Ananda Mahony	2ND MAR 2022	Replay: 2 hours
Depression and the treatment prevalence paradox	Presented by Charstelle van der Weyden	6TH JUL 2022	Replay: 30 minutes
The Curcumin Conundrum: Balancing Bioavailability with Clinical Efficacy	Presented by Samuel Peters	6TH DEC 2022	Replay: 30 minutes

[View All](#)

5. My Favourite Recordings

- In this section you will find events that you have starred in Events under the education menu but have not previously registered for.

My Favourite Recordings

These are your replays from our Previous Event library you have added to your favourite list.

Event Title	Presenter	Date	Replay Duration
Understanding the neuro-endocrine-immune interface	Presented by Daniel Baden, Samuel Peters	1ST JUL 2019	Replay: 1.5 hours
Nutritional neurotherapy in ADHD, autism and mood disorders	Presented by Jacques Duff	16TH OCT 2019	Replay: 45 minutes
Myo-inositol and dysglycaemic: a clinical research update	Presented by Tamara Dickson	10TH JUL 2019	Replay: 30 minutes
Appraising herb-nutrient drug interactions in clinical practice	Presented by Samuel Peters	22ND NOV 2019	Replay: 30 minutes

6. My Certificates of Attendance

- This is where you can find the Certificates of Attendance for previous events that you have attended.

My Certificates of Attendance
Your record of CPE attainments.

Breaking the cycle of chronic allergies [Download](#)