

REGISTRATION INFORMATION

- Register by 30 July 2025 for Early Bird prices!
- Registration closes on 27 August 2025. We need to confirm numbers with the venue so no registrations will be accepted after this date.
- No refunds for cancellations after **Wednesday 27th August 2025**.
- Prices include morning/afternoon teas and lunches. For those that choose to include Saturday night dinner and entertainment, dinner includes a complimentary beer, wine, non alcoholic drink. Coffee and tea also available.

CONTINUING PROFESSIONAL EDUCATION (CPD)

You will gain 20 CPD points for 2025/2026

ACCOMMODATION

Costs do not include accommodation. Visit our website conference link at www.nzamh.org.nz for information on accommodation nearby.

LUCKY DOOR PRIZE AND HERBAL JOURNEY

Delegates attending Saturday and Sunday go in the draw to win the Lucky Door Prize, and delegates who return their fully stamped Herbal Journey Card will go in the draw to win the Herbal Journey Prize. These prizes have been generously donated by our Sponsors and several natural health companies.

You must be present to win on Sunday afternoon !!

SEED TABLE

Help grow our community—bring seeds to swap and share! Whether it's a favourite plant or something unique, your seeds can inspire others and diversify our gardens. Let's grow together, one seed at a time!

Conference Coordinators
Krista Eaton & Linda Naude
conference@nzamh.org.nz

Current Sponsors

Special thank you to our Sponsors

Gold Sponsor



LEADERS IN NUTRITIONAL MEDICINE



Silver Sponsor



Exhibitors

Abeeco Ltd, Herbal Energy Centre, Integra,
New Zealand Herb Company,
Pacific Health

ABOUT NZAMH

The New Zealand Association of Medical Herbalists (NZAMH) is the professional body for medical herbalists in New Zealand and is dedicated to representing and serving the interests of herbalists and herbal medicine in New Zealand.

Our members come from a wide range of backgrounds, but all have in common a passion for herbs and its use as a healing tool. Qualified medical herbalists as well as herbal medicine students make up most of our membership.



NZAMH Conference

6th & 7th September
2025

'Building Mental Fortitude and Resilience'

Black Box
Papa Hou
Christchurch

Daniel Baden
Ian Tracton
Jane Wigglesworth
Jesal Alimchandani
Lara Briden
Prof Dr Marc Cohen
Peter Langlands
Phil Rasmussen

PROGRAMME

Saturday 6th September 2025– Conference Day 1

7.30–8.30 am Registration (tea & coffee)

8.45 am Jesal Alimchandani

10.00 am Morning Tea

10.30 am Daniel Baden

11.30 am Ian Tracton

12.30 pm Lunch

1.30 pm Members discussion

2.15 pm Peter Langlands

3.15pm Afternoon tea

3.45 pm Discussion Panel

5.00 pm Free time

6.00 pm Pre-dinner drinks

6.30–10.00pm Dinner and entertainment!

Sunday 7th September 2025– Conference Day 2

8.30 am Housekeeping

8.45 am Jane Wrigglesworth

10.00 am Morning tea

10.30 am Lara Briden

11.15 am Phil Rasmussen

12.30 am Lunch

1.30 pm Marc Cohen

3.00 pm Wrap up

CONFERENCE PRICES

Prices include GST

Early Bird (before 30 July 2025)

NZAMH Members

Saturday and Sunday (excl. dinner) **\$400**
Including Saturday dinner & entertainment **\$450**

Non-Members

Saturday and Sunday (excl. dinner) **\$550**
Saturday dinner & entertainment **\$85**

Students

Saturday and Sunday (Incl. dinner) **\$250**
*Sponsor a student – email admin@nzamh.org.nz

Full price FROM 1 August 2025

NZAMH Members

Saturday and Sunday (excl. dinner) **\$500**
Including Saturday dinner & entertainment **\$550**
Saturday only (excl. dinner) **\$300**
Sunday only **\$250**

Non-Members

Saturday and Sunday (excl. dinner) **\$600**
Including Saturday dinner & entertainment **\$685**
Saturday only (excl. dinner) **\$400**
Sunday only **\$300**

Students

Saturday and Sunday (Incl. dinner) **\$250**

Dinner

Bring along your partner **\$85**



* Full details on our website – www.nzamh.org.nz

SPEAKERS

Jesal Alimchandani

Bachelor of Arts, Advanced Diploma Naturopathy
The Inflamed Brain: Herbal Strategies for
Neuroplasticity and Resilience

Daniel Baden

ND, Dip Hom, DBM

The role of omega fatty acids from *Buglossoides*
arvensis in physiological and psychological
resilience

Ian Tracton

B Com

Toxic Burdens: The Silent Saboteurs of
Mental Wellbeing

Peter Langlands

B.Sc. Zoology Dip. Sci.

Wild-foods foraging –sharpen your
observation skills as a practitioner

Jane Wrigglesworth

Naturopath and Medical Herbalist

Restorative Sleep: The Path to Mental
Fortitude & Resilience

Lara Briden

BSc, ND

The Biology of Premenstrual Mood Changes:
Insights into causes and treatments

Phil Rasmussen

Master in Pharmacy (Pharmacology); Dip Herbal Medicine
Herbs other than St Johns Wort that can be useful in
treating Depression

Dr Marc Cohen

MBBS (Hons), PhD (TCM), PhD (Elec Eng),
BMed Sci (Hons), FAMAC, FICAE

Mindset, Medicine and Mental Health

Full bios and topic descriptions on our website – www.nzamh.org.nz