

# FOOD AND BEHAVIOUR RESEARCH CONFERENCE

## Sponsored by Attention Fife

Friday, 29 April 2005

(Registration 9.00 – 9.50am) 10.00 am - 4.30 pm  
at The Dean Park Hotel, Kirkcaldy, Fife

- **Dyslexia, Dyspraxia, ADHD, Autistic Spectrum and Mood Disorders** - Learn what these labels mean and how nutrition can help.
- **How Diet affects Behaviour, Learning and Mood** – The latest research clearly explained; its practical implications and how it affects you.

### Who should participate?

- Teachers/education professionals, parents, carers, doctors/health professionals, social workers, medical/academic researchers, charities/support groups, the media, interested individuals.

### Topics Covered

- Biological basis of dyslexia, dyspraxia, ADHD, autism and related conditions
- Omega 3 fatty acids and the brain
- Food allergies and intolerances
- Other essential nutrients
- Dietary strategies
- Diet and antisocial behaviour
- Practical approaches
- Your questions answered

### Speakers: Dr Alex Richardson, Marion Ross, Dr Eva Cyhlarova, David Rex and Bernard Gesch (tbc)

- **Dr Alex Richardson**, Senior Research Fellow, Oxford University. Her excellent communication skills are such that she is frequently invited to give lectures and talks to health and education professionals, support groups and charities.
- **Marion Ross**, Research Biochemist and Dietician with unique specialist experience in these areas. Regularly gives talks and presentations on nutrition in psychological and psychiatric disorders.
- **Dr Eva Cyhlarova**, Research Scientist at the University Lab of Physiology, Oxford. Her current research is on the role of nutrition in brain development and function.
- **David Rex**, Child Health Dietician with the Highland Primary Care Trust. Specialises in diet and autistic spectrum disorders as well as health promotion in schools.
- **Bernard Gesch (to be confirmed)**, Senior Research Scientist, University Lab of Physiology, Oxford and Founder Director of 'Natural Justice'. His research focuses on the effects of nutrition in antisocial behaviour.

### Conference Fees: (Cost includes lunch & refreshments) **Booking deadline Tues 19 April 2005**

#### Individuals, Community Groups, Voluntary Organisations

FAB Research Associate Rate*	£60 + VAT (£70.50)
Non-Associate Rate	£95 + VAT (£111.62)

#### Local Authorities, Public Sector Bodies, Commercial Organisations

Institutional Rate	£125 + VAT (£146.88)
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- To book online, go to: [www.intelligentnutrition.org.uk](http://www.intelligentnutrition.org.uk) or send cheques made payable to 'Intelligent Nutrition Ltd' to:  
Intelligent Nutrition, The Green House, Beechwood Business Park, Inverness IV2 3ED
  - For conference information email: [conferences@intelligentnutrition.org.uk](mailto:conferences@intelligentnutrition.org.uk) or tel: 01463 667339
    - Visit [www.fabresearch.org](http://www.fabresearch.org) for details about Food and Behaviour Research

*Conference organised by Intelligent Nutrition Ltd, registered with the General Teaching Council for Scotland for the provision of CPD. Proceeds from this conference will be donated to FAB Research.*

\* (Register at [www.fabresearch.org](http://www.fabresearch.org) to become an Associate for £25)