Restoration over Restriction

2026 Event Program

Friday 4 December · Mondrian Gold Coast, Burleigh Heads

08:30 AM	Registration, Coffee & Partner Stands
09:00 AM	*Welcome:* **Acknowledgement of Country & Housekeeping** Georgie Collinson, MC
09:05 AM	*Session:* **Restoration over Restriction** Karly Raven
09:50 AM	*Session:* **Feeding the Functions That Matter: How Diet Shapes the Key Players in the Gut Microbiome** Christine Stewart, Microba
10:35 AM	Morning Tea & Partner Stands
11:00 AM	*Session:* **Supporting the Sensitive Client: MCAS, Complex Invisible Illness and the Reactive Gut** Dr Olivia Lesslar
11:45 AM	*Session:* **Testing in Practice** Christine Stewart, Microba
12:10 PM	*Session:* **Compounding to Support the Microbiome** Diana Boot, Natural Script
12:30 PM	Lunch at Haven
01:15 PM	*Premiere:* **Kelora Film & Announcement** Karly Raven
01:25 PM	*Panel:* **Kelora in Practice** Di Hill, Rachel Balm & Amanda Martindale, moderated by Georgie Collinson
01:45 PM	*Session:* **The Brain-Gut Loop: Psychological Drivers of Persistent Gut Symptoms** Tahlia Baumann
02:20 PM	*Session:* **Safe to Eat: The Nervous System's Role in Food Fear and Gut Health** Karlie McKeand
02:55 PM	*Panel:* **Mind, Body and the Plate** Tahlia Baumann, Karlie McKeand & Georgie Collinson
03:10 PM	Afternoon Tea & Partner Stands
03:35 PM	*Session:* **Choosing Probiotics That Match the Clinical Picture, and What the Evidence Actually Supports** Dr Jason Hawrelak
04:20 PM	*Closing:* **Wrap-Up** Karly Raven
04:35 PM	*Event Close:* **Door Prize Draw & Farewell** Georgie Collinson

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Scan the QR code on your lanyard

to ask the speakers a question and enter the door prize

Note: the program is subject to change. We'll do our best to keep to time, but adjustments may be made for the best experience on the day. Thank you for your understanding.