



Western Counties Society of Osteopaths

Emma Hill.

Emma graduated in Optometry from Cardiff in 1993 and completed her pre-reg year in Newcastle hospital. She has worked in the NHS for numerous years now, working in independent practice specialising in dry eye treatment and orthokeratometry.

Jonathan Lawrence BA DO Cert Ed.

Jonathan is an experienced osteopath, craniosacral therapist and homotoxicology practitioner. He graduated from the ESO in 1985 and he went on to lecture there. He has taught advanced soft tissue techniques from 1994 - 2000 and craniosacral therapy since 2006. Jonathan also trained in homotoxicology in 1998 and in 2015 he set up training for homotoxicology in the UK. He has also lectured on behalf of the Society of Homotoxicology at Symposia and presented an introduction into Homotoxicology at the Advancing Osteopathy Conference in London 2008.

Tracy Breuning : The Gut Bone Formation.

Under normal conditions, the skeleton is constantly remodelled and imbalances in this process may lead to low bone density and conditions such as osteoporosis. Current evidence is implicating alterations in the gut microbiome as a risk factor for poor bone health and joint inflammation. How the microbiome can affect organs distant from the gut is not well understood but is believed to occur through regulation of nutrition, regulation of the immune system, and/or translocation of bacterial products across the gut endothelial barrier. This talk will focus on these three areas then conclude with the latest research on the use of probiotics to support bone health.