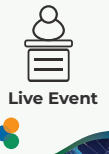


You are invited to a transformative
SEMINAR



Have You Lost Your PING?

Presented by:
Sarah Culverhouse & Gemma Martin

Reconnecting the Psyche, Immune System, Nervous System, and Gut

An in-depth exploration of the emotional,
immunological, and microbial drivers of
chronic health conditions



**2025
OCTOBER**



CPE Points



2.00pm - 8.00pm



Live Seminar

Join us for a **three-part seminar** designed for integrative health practitioners ready to dive deeper into the powerful and complex interplay between the psyche, immune system, nervous system, and gut – what we call the **PING axis**.

Grounded in the science of psychoneuroimmunology (PNI) and extended into clinical practice, this seminar will provide a practical framework for restoring balance and resilience across the PING network, with a strong focus on the interplay between **emotions, immunity, and the microbiome**.

Seminar Overview

PART 1:

Understanding the PING Axis: What Is It and What Causes Imbalance?

Explore the dynamic communication between the mind, immune system, nervous system, and gut. Learn how disruptions-often rooted in early life-shape lifelong health.

Topics include:

- Early life stress and its physiological imprints
- Emotions and the psyche in clinical context
- Affective immunology: where feelings and immunity meet
- Personality traits and microbiome patterns

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SEMINAR

Have You Lost Your PING?



PART 2:

When PING Is Out of Sync: Clinical Consequences of Dysregulation

Discover how an unbalanced PING axis contributes to chronic, complex conditions across all systems:

P – Mental health **I** – Autoimmune conditions **N** – Neurological syndromes **G** – Gastrointestinal dysfunction

PART 3:

From Insight to Action: Practical Tools and Treatment Plans

Discover how an unbalanced PING axis contributes to chronic, complex conditions across all systems:

Turn theory into results with effective clinical tools. This final session focuses on building treatment plans that integrate:

- Using tools your patients already have, such as smart devices
- Nervous system support, immune modulation and gut repair strategies
- Personalised approaches using herbs, psychobiotics, paraprobiotics, nutrients, herbal medicine, and energetic medicine
- How mind-body therapies modulate the PING axis
- Calming the nervous system to enable healing

**REGISTER
NOW**

\$80

PracConnect PLUS
Members

\$150

Regular Price

Venues & Dates

Brisbane, QLD – Tuesday 14th October

Hotel Grand Chancellor, 23 Leichhardt St, Spring Hill

Sydney, NSW – Wednesday 15th October

Rydges Sydney Central, 28 Albion Street, Surry Hills

Melbourne, VIC – Monday 20th October

Pullman on the Park, 192 Wellington Parade, East Melbourne

Adelaide, SA – Tuesday 21st October

Rydges South Park Adelaide - 1 South Terrace, Adelaide

Perth, WA – Thursday 23rd October

Pagoda Resort & Spa, 112 Melville Parade, Como

Prices

	PracConnect PLUS Members	Non-Members	Students
EARLY BIRD (5th Aug - 30th Sep)		\$100	\$80
REGULAR	\$80	\$150	\$130
LIVESTREAM	\$80	\$90	\$70

Students discount: \$20 off ticket price (Contact us directly to purchase your ticket)

All ticket prices are AUD inc. gst.

CUSTOMER SUPPORT:

Please contact our customer service team on
(08) 8130 8700, then Press 2 or
email: custserv@nuchev.com.au

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