

WHAT IF WE'VE BEEN
LOOKING AT HEALTH
ALL WRONG?

BEYOND — THE — SILOS

Connecting Medicine, Dentistry
& the Whole Human

2 – 3 OCTOBER 2026
CAPE TOWN | SOUTH AFRICA

Two Days.
Multiple Perspectives.
One Bigger Picture.



**SOUTH AFRICAN ACADEMY
OF BIOLOGICAL PRACTITIONERS**

CONNECTING. EDUCATING. ELEVATING.

DENTISTRY



Mouth
Jaw
Tongue
Oral Health

AIRWAY & STRUCTURE



Breathing
Airway
Sleep
Craniofacial
Development

BIOLOGY



Microbiome
Inflammation
Nutrition
Immunity
Cellular Health

MOVEMENT & FUNCTION



Fascia
Posture
Muscle
Nervous System

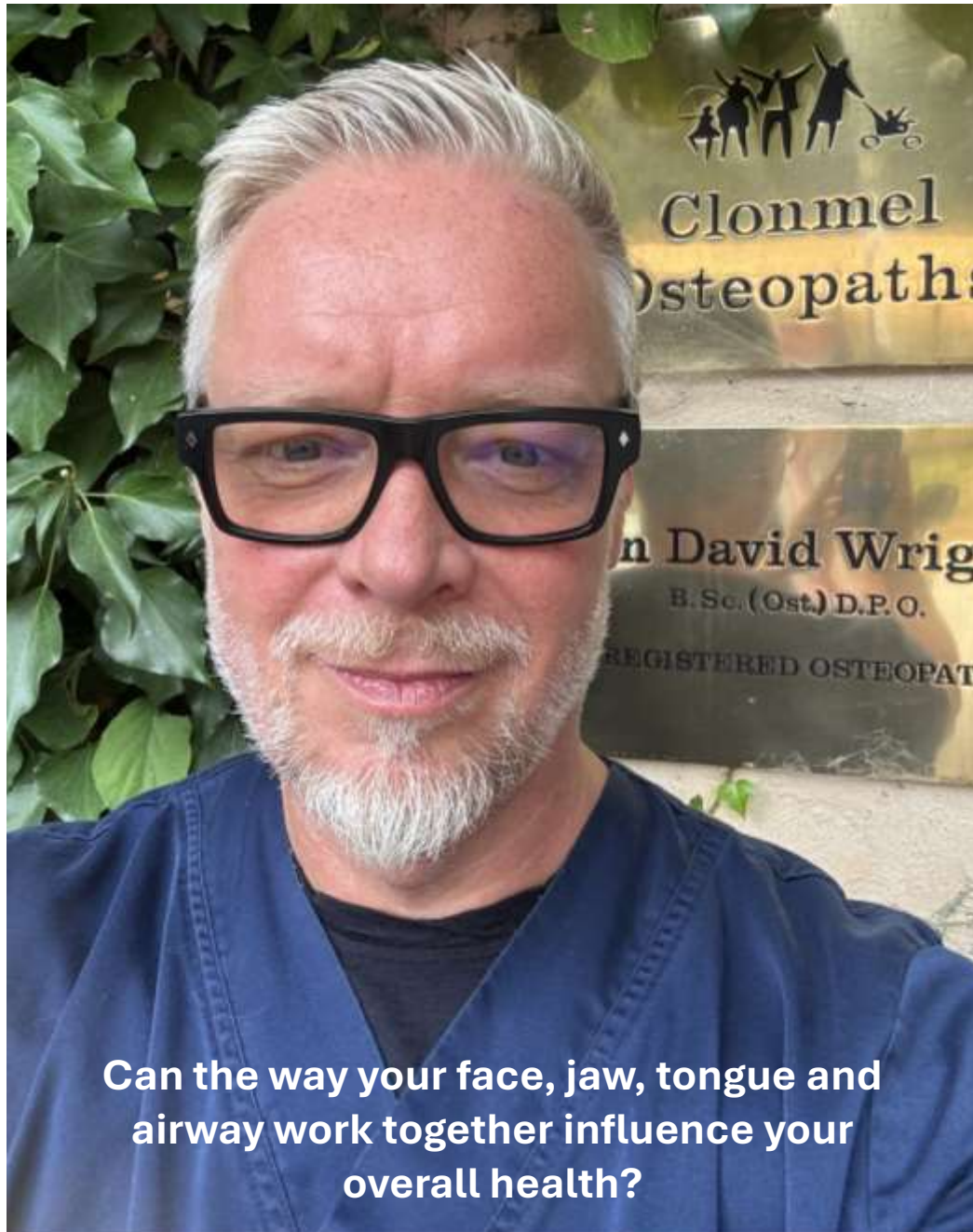
THE HUMAN EXPERIENCE



Emotion
Stress
Sleep
Healing

DIFFERENT DISCIPLINES. **ONE INTERCONNECTED HUMAN BODY.**

A sneak preview of a few of the
Conference presentation
information



Dr Ian Wright

B.Sc.(Ost).DPO. MOCI. FSCCO. Osteopath.

Ian has been working alongside dentists since 1992, firstly in a craniofacial pain clinic in UK. Ian specialises in Paediatric and Cranial Osteopathy which he has lectured widely internationally for over 30 years. Ian is a Fellow of the Sutherland Cranial College(UK). In 2009 Ian founded the Daisy Clinic, a charity based clinic in Ireland supporting children with complex and additional needs, whilst teaching postgraduate Osteopaths a diploma in Paediatrics. Now there are 3 Daisy clinics, Melbourne Australia and Florence, Italy. Ian has taught a postgraduate course called 'The Functional Face' for Osteopaths for some years which looks at developmental facial, cranial TMJ, bite and occlusal mechanics.

Ian has authored several books including his latest

Gentle Alignment ; A clinical Patient guide to Cranial Osteopathy, Facial mechanics and ALF functional dentistry.

Other titles.

- 1.Understanding and managing concussion with Cranial Osteopathy (2026)
- 2.Fluid Intelligence (2026)
3. Why is my baby Crying? Learning the art of baby. whispering(2025)
4. Healing Anxiety (2022)
5. The Therapeutic Odyssey(2024)
6. Dynamics of Stillness (2019)

Check dynamicsofstillness.com for lectures, meditations and his online courses for wellbeing, meditation and self-healing. With a section for practitioners offering online postgraduate study.



Dr Mike Mew

An educator and author, Mike Mew investigates how the human face grows and how the smallest daily habits – the way a tongue rests, the way breath moves, the way a jaw spends its hours – shape the face over a lifetime.

Mike's approach to orthodontics blended traditional clinical training with a modern, holistic perspective on health and growth. He completed his master's degree in orthodontics at the Royal Dental College in Aarhus, then regarded as one of the world's top programmes for growth and development. While studying there Mike was particularly influenced by the work of two extraordinary researchers: Professor Arne Björk (1911–1996), a world-renowned Swedish orthodontist, who revolutionized the understanding of the patterns of human facial development (also known for his landmark 1947 publication, *The Face in Profile*); and, Professor Egil Harvold, internationally acclaimed for his groundbreaking research in craniofacial development and now widely famous outside the academic orthodontic community for his landmark 1981 study on oral respiration. And how craniofacial form could be affected by nasal obstruction or modifications in tongue position. Mike firmly stands by the principle that early guidance of a child's facial development can reduce the need for complex treatments later in life. His work explored the interplay between facial growth, breathing, posture, and overall wellbeing – seeking not only to align teeth but to support function and long-term health. As an orthodontist, Mike has worked extensively with young patients and families, helping them understand how lifestyle, environment, and daily habits can shape growth. He draws inspiration from his father, John Mew, whose pioneering book *The Cause and Cure of Malocclusion* explored why modern humans so often lack space for all their teeth. (The premise is that our ancestors almost universally had excess space for 32 teeth; today, most people are fortunate to have space for 28. This represents a dramatic change in jaw size and shape may be linked to more than dental crowding (it likely influences much more, including how we breathe, sleep, and how our faces function). A global movement, born organically.

Mewing -applying the principles of good oral posture and facial health, and inevitably, facial appearance.

Dr. Anthony Wentzel



Sleep Medicine -as part of a complex system shaped by breathing, sleep, growth, posture, and early childhood development.

Throughout his career, Dr. Wentzel became increasingly aware of a growing number of adult patients suffering from nighttime grinding, tooth wear, jaw pain, headaches, and related symptoms. Traditional soft splints offered temporary relief but did little to address the underlying causes. Driven to understand the root of these problems, he pursued extensive postgraduate training with leading organisations and clinicians, including the British Society for Occlusal Studies (BSOS), physiotherapy for TMD, TMD management with retired orthodontist Patrick Grossman, Acupuncture for dentists, the British Society of Integrated Dentistry, short-term adult orthodontics, and the British Society of Dental Sleep Medicine, among others.

His clinical curiosity deepened further when he recognised the substantial overlap between dental symptoms and conditions such as GERD, airway dysfunction, and sleep-disordered breathing.

A year-long programme in Dental Sleep Medicine proved to be a turning point. It was here that she discovered how profoundly sleep and breathing issues affect the entire body, with the teeth representing only a small part of a much larger picture.

Dr. Wentzel practices with a holistic, airway-centred approach — viewing dental health not in isolation, but as part of a complex system shaped by breathing, sleep, growth, posture, and early childhood development. His work reflects a lifelong commitment to learning, integrating science, compassion, and whole-body dentistry to help patients achieve long-term health rather than temporary symptom relief.



Dr Bernard Brom

Dr Bernard Brom is a medical doctor who has worked tirelessly over 40 years to find ways to help the body use its innate ability to heal. His approach has been supporting health rather than just treating disease.

In this quest he has explored the connections between body, mind and spirit.

Dr Brom graduated from the University of Cape Town's Medical school in 1965 and then went on to specialise in Gastroenterology.

He gave up medicine for five years (1971-1976) to travel around the world. During this time he discovered that there were other ways to heal and treat people. When he returned to South Africa he made a decision to try to treat ill-health without drugs. To this end he studied naturopathy, acupuncture, Traditional Chinese Medicine, homeopathy and how to use nutritional supplements and herbs to heal. He has also specialised in using the low-energy laser.

DR Brom has been writing a monthly newsletter for professionals for more than 20 years, was chairman of the South African Acupuncture Society, founder of the South African Society of Integrative medicine(SASIM) in 2001 and organised the first Congress of Integrative Medicine in South Africa. He has a number of articles published in peer reviewed journals and was the founder and editor for many years of the SA Journal of Natural Medicine. Although retired from active practice, he continues to write and research better ways to heal and understand the healing process.

His new comprehensive website can be accessed at : www.creatinghealth.co.za

He has an online Integrative medical course which teaches the basics of Integrative Medicine and an online low energy laser course.

In 2017 he published his first book Healthy Medicine (Kima) and later his second book called The Heart of Healing published in 2025. He also has about 15 short video's on YouTube and connects regularly on FaceBook and Instagram.

Citation:

Newsmaker of the Year from Health Products Association(HPA) 2001

Dr Brom's non-medical interests include walking in nature, growing organic vegetables, deep discussions on the meaning of life and his spiritual journey.

The enigma of the placebo response



Dr Martin Wuchner

Degree in Microbiology, Zoology,
Dentistry, Functional Medicine

Growing up in Namibia, I observed something few people seem to notice:

Different communities. Changing over time. Completely different health outcomes.

Rural populations — generally poor, living off the land — strong immune systems, resilient bodies, no chronic disease. Connected to community.

Urban populations — demanding lives, modern lifestyles, consuming 24/7, sophisticated healthcare — rampant obesity and chronic illness.

That contrast was striking. Because it pointed to something deeper:

Health isn't created in the doctor's office. It's created by the conditions that people live in every day.

**The microbiome
and the first three years of life.**



Dr Maria Theologides

Biological Paediatric Specialist, Functional Medicine doctor and Naturopath.

My life purpose and focus of my patient's success lies in my passion to make a difference; my intuitive ability to truly hear my patients and my fully integrated mind, body, spirit -scientific-based health approach to treatment.

When we feel heard, understood and supported, the mind releases Chemicals that STIMULATES the body to heal/to dream/ to believe and achieve a new reality. We are able to make the changes that will manifest into physical and mental wellbeing and the life we dream of. When the mind, body and spirit are truly aligned and in harmony, then the gates of the soul are opened, abundance flows in and the result can only be joy, peace and happiness – this is my mission, my passion and my divine destiny.

The link between oral and systemic health



Simone Sittig

Simone Sittig is the Founder & Director & Head Lecturer at B3Academy based in Cape Town, Western Cape.

Previously, Simone was the Private Practice Director at Bodyworx and also held positions at BrainBodyBalance Studio.

Simone received a BSc Med Hons Biokinetics and Exercise Science degree from UCT and a BCom Sport Management from RAU.

Fascia, the TMJ and whole-body health

Dr Zandr  Botha Ph D.

Masters in natural medicine

Diploma in integrative medicine

PhD in Alternative Medicine

Internationally qualified in Live Blood analysis

With over two decades of experience, she offers an effective and integrative perspective on understanding and reversing disease. This talk aims to ask essential questions like: What truly causes disease? What drives its progression? And how can we actively reverse it?

By combining insights from multiple disciplines, this approach provides practical, forward-thinking strategies for achieving lasting health and resilience.



**A Multidisciplinary Approach to
detoxing spike protein and recovering
from long covid**

Dr Laura Chella

Dr Laura Chella is a clinical homeopath with a keen interest in treating children and woman. Dr Chella has completed the Comprehensive and Alternate Medicine Fertility training programme. She also has an interest in treating ME/CFS.

She attended the Durban Institute of Technology and graduated with her Master's degree of Technology, specializing in Homeopathy. She went on to work at the Homeopathic and Chiropractic clinic before opening her own independent practice in Sea Point, and has been running it successfully ever since.

Dr Chella practices evidence based medicine and draws on trainings of functional medicine and incorporates biopuncture in her holistic approach to her patients. Along with her dispensary she stocks a variety of vitamins and supplements, namely Vitamin Research Products, Heel, Dr Reckeweg and Metagenics.



Postcovid

– the impact on hormones and fertility

Dealing with Red flag patients

Ethics lecture



MPS



Naseema Osman

ORAL HYGIENIST, OROFACIAL MYOFUNCTIONAL THERAPIST

EDUCATION

Bachelor of Oral Health BOH

University of Western Cape| Jan 2005 - Dec 2007

Completed first Aid course level 1-3
December 2020

Completed online

OrofacialMyofunctionalTherapy course|
Sept 2021- Dec 2021

**The role of the Myofunctional therapist
in treating children and adults.**

Zuraida Jardine



My mission is to empower you to master your mindset through the transformative power of conscious awareness. Through my own journey, I've discovered that the intersection of focused stillness and mental fitness creates an unshakeable foundation for extraordinary achievement. In moments of quiet intention, we access our deepest wisdom and unlock our true potential.

Each challenge I've faced has refined my ability to guide others through their own transformation. By combining strategic mindset techniques with nervous system regulation, I help you break through limitations and create lasting change.

I am ready to guide you toward the extraordinary life you envision, transforming obstacles into opportunities and potential into reality.



Dr Maria Theologides

Founder of:

The Sacred Space

Sacred Parenting

h.u.m.a.n.

South African Academy of Biological Practitioners

Ancient wisdom meets modern science

Functional medicine meets biological dentistry, meets naturopathy = meet science

- Ethics points

Crystal Claire

Holistic Therapist & Medical Intuitive

In 1982, Crystal found meditation and studied Metaphysic with Science of Mind which changed her life completely. In 1984, she attended a Metaphysical Symposium led by a group of American speakers that lit a fire within her to know more. In 1985, when almost nobody in South Africa, knew about energy healing, she left for the US to be taught by amazing teachers who were just beginning to work in the field of holism.

Over 7 years and 5 visits to America she studied many modalities, including Reflexology, Cranio Sacral Therapy, the Trager Approach (Psycho-Physical integration), Hypnotherapy, Chakra balancing. I was the first Touch for Health (Kinesiology) instructor in South Africa in 1986 and later she also became a Reiki Master.

Becoming spiritually sensitive with daily meditation, she realized that she was combining all the modalities she had learned, giving a unique type of healing treatment. She would pick up an emotional trauma which the client had pushed back in his/her as subconscious manifesting an imbalance in the physical causing the dis-ease and then going to the source to release it. This treatment was very successful for clients with fertility problems.

She has travelled a great deal, having attended retreats in India, Europe, in different states in America including Alaska where she has learned so much in the thirty five years that she has practiced as a holistic therapist.



Meditating trains your subconscious mind so that you can change your beliefs and start to achieve.

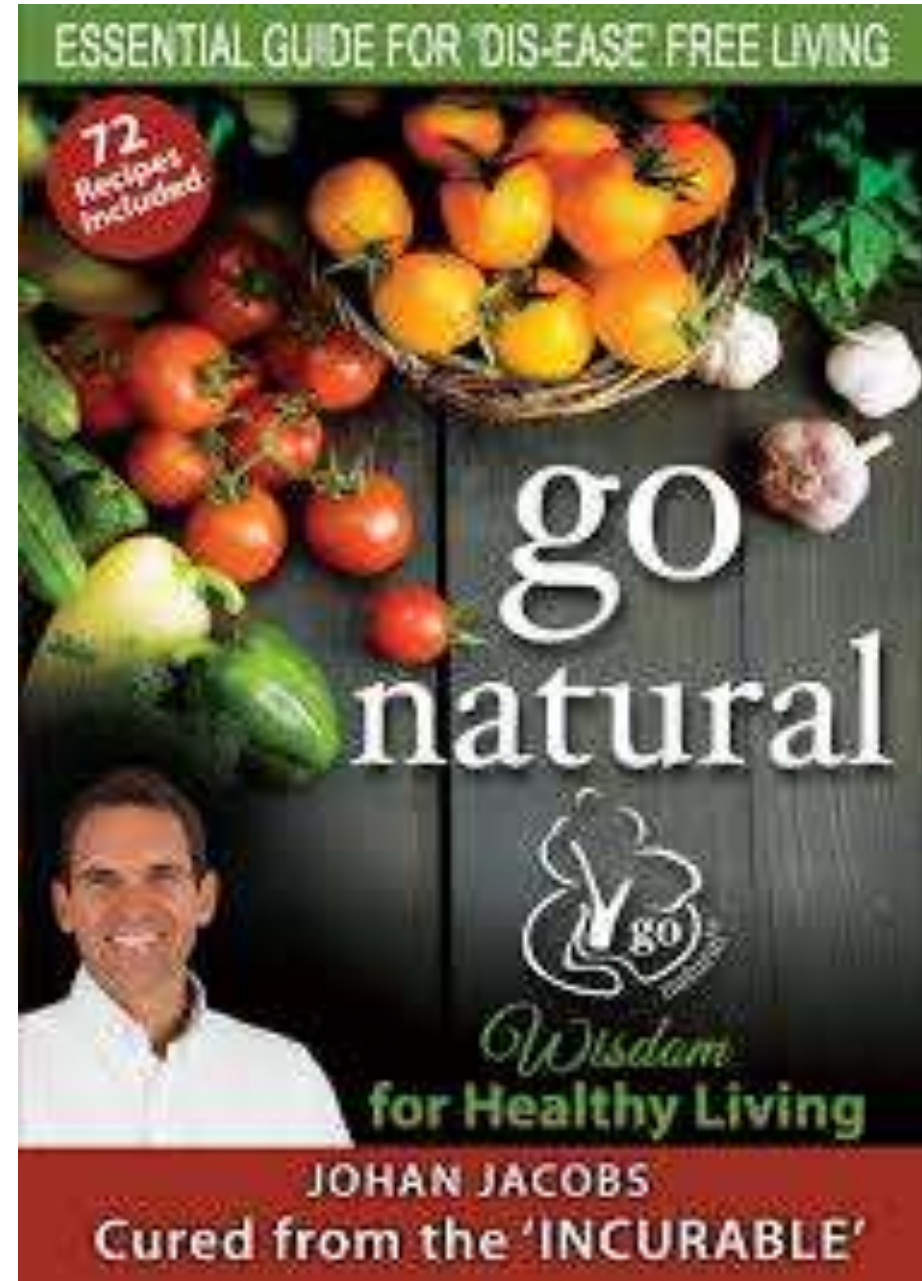
Johan Jacobs

Author of Go Natural

Will share his life story from diagnosis of MS to kiving a life of zest and health.

His journey has been about understanding the link between oral and systemic health; the role of nutrition and of the principles of Integrative medicine.

15minutes



Limited seats reserve your spot now

Registration:

OPTION 1 – physical attendance:

Early Bird R2750 by 31 August

Second Tier R3200 by 10 September

Final Tier R3500 by 20 September

Registration closes 20 September 2026.

OPTION 2: no physical attendance but Online access to the conference presentations for one week : R2990

Registration closes 20 September 2026.

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Dr's of Africa

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