

## CMA Media Release

28 November 2018

### CMA Applauds Blackmores for Healthy Boost to Education and Research

Complementary Medicines Australia (CMA) has today welcomed news of a record \$10 million donation to Southern Cross University by Marcus Blackmore AM and his wife, Caroline, which the university will use for the establishment of a National Centre for Naturopathic Medicine.

Chief executive officer of CMA, Mr Carl Gibson, said that it was commendable to see Blackmores gifting funds to support education, research and the overall advancement of evidence-based natural medicine.

“Australia has the potential to lead the world in natural medicine research, and given the potential benefits as a tool towards health promotion and disease prevention, the importance of education and research in this area cannot be stressed enough.”

“In common with a number of other developed countries, Australia faces the difficult task of ensuring the fair and sustainable funding of healthcare in the face of an ageing population that is dealing with increasing levels of chronic disease. Chronic disease is responsible for 83 per cent of all premature deaths in Australia and 66 per cent of the burden of disease, making it the largest health challenge facing our nation.”

“There is growing evidence in a number of areas that complementary medicines offer an effective, and cost-effective, way to improve health outcomes. Just a few examples of recent research that has been published on topics relevant to naturopathy include nutrition and supplementation, probiotics and internal gut health, yoga, natural pain relief methods during childbirth, and the benefits of exercise in mental health.”

“Just last week, CMA welcomed the new [Cochrane Review](#), ‘Omega-3 fatty acid addition during pregnancy’, which shows that there’s high quality evidence for omega-3 supplementation being an effective strategy for preventing preterm birth, the leading global cause of death in children under the age of 5 years.”

“A 2014 Frost & Sullivan report, ‘*Targeted Use of Complementary Medicines: Potential Health Outcomes and Cost Savings in Australia*’ shows robust links between several of the more well-known complementary medicines with reduced risk of a secondary disease event among high-risk groups, and with major potential healthcare cost savings. The report examined the use of six complementary medicines across four chronic disease conditions – cardiovascular disease (CVD), osteoporosis, age-related macular degeneration and depression – all of which contribute heavily to the national burden of illness in Australia.”

“Today’s announcement of this generous philanthropic support from The Blackmore Foundation follows recent news of \$6 million in funding from the Jacka Foundation for the NICM Health Research Institute for research into complementary and integrative medicine.”

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“These donations underscore that now is the time to place the onus on solutions that support the maintenance of good health and help address Australia’s long term ability to fund an equitable and sustainable healthcare system.”

“Keeping individuals out of the acute medical system has to be one of the key goals for Australia, and supporting people to use natural medicines safely and effectively is an essential element in achieving that goal,” Mr Gibson said.

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<sup>i</sup> Jackson H, Shiell A. (2017) Preventive health: How much does Australia spend and is it enough? Canberra: Foundation for Alcohol Research and Education