

Allergy and Infant Nutrition



Nov 1st 2025 – March 30th 2026



ONLINE

Program

Chaitanya Bodapati – Non-IgE mediated allergies – Eczema, FPIES and EOE

Robert Boyle – Allergy, marketing and misinformation: Navigating industry influence in infant feeding advice

Hope Lima – Elimination diets: When should a nursing mother try one?

Leila Masson – Infant feeding, the microbiome, and allergies

Meghan McMillin – How breastfeeding and food allergies intersect: What we know and how we can help

Trillitye Paullin – Safely trialling new foods with food reactive breastfeeding infants

Kaya Thorpe – Understanding the impact on mental health for allergy parents

Rebecca Werther – Managing allergies in the breastfed baby

B.J. Woodstein – Case studies in breastfeeding with allergies

Tanya van Aswegen – Nutritional considerations for the breast milk feeding-dyad on an elimination diet

Speakers



Chaitanya Bodapati MBBS, MMed(Paeds), FRACP

Dr Chaitanya Bodapati is a dual trained paediatric allergy/immunology specialist and general paediatrician who works in Sydney, Australia. Being a paediatrician, she has a holistic approach when managing her patients' issues. She herself, had a baby who had multiple food allergies, which has further helped her understand the impact it can have on a household from her own personal experience.



Robert Boyle MD, PhD

Robert Boyle is a clinical paediatric allergist who has both a public and private practice and a research and teaching programme at Imperial College London, UK. His research programme aims to find ways to prevent allergic conditions from developing during early childhood. It has triggered changes to infant feeding guidelines worldwide and has supported legal actions against the nutrition industry for allegedly misleading claims in relation to allergy.



Hope Lima PhD, RD, IBCLC

Dr Hope Lima (she/her) is a nutrition and lactation educator and clinician who wants to help raise the bar for how we care for clients in the field of maternal and child health. She is also a wife, step-mother to three, dog lover, and nature enthusiast.



Leila Masson MD, MPH, FRACP, FACNEM

Dr Leila Masson is a Sydney based consultant paediatrician and author of "Children's Health A-Z" a parent's guide to natural therapies for common childhood ailments. She specialises in nutritional and environmental medicine for children's health issues. She sees patients at her clinic in Tamarama and mentors doctors in integrative paediatrics.



Meghan McMillin MS, RD, IBCLC

Meghan McMillin holds a Master's Degree in Human Nutrition from the University of Illinois at Chicago. She has been a registered dietitian nutritionist (RDN) since 2013 and became an IBCLC in 2019. Meghan spent several years working clinically in the NICU, paediatric floor and women's units of a local hospital. In 2019, Meghan started her own private practice, The Lactation Dietitian, with a focus on infant and paediatric food allergies.



Trillitye Paullin PhD

Dr Trill is a molecular biologist, inventor, and the founder of Free to Feed™, where she combines cutting-edge research with personal experience to empower families managing infant food allergies while breastfeeding. She leads multiple NSF- and Idaho Chamber-funded studies and holds the first U.S. patent for detecting dietary proteins in human milk.



Kaya Thorpe IBCLC

Kaya has been in the world of breastfeeding support since the birth of her first son in 2013. Gradually moving from a peer supporter to sitting IBCLC in 2021. In 2020 she co-founded Lowestoft and Waveney Breastfeeding Support which is a now a charity offering breastfeeding cafes, IBCLC home visits and breast pump hire. She coauthored 'Feeding your Allergy Baby' in 2024 with BJ Woodstein. She now works in private practice.



Rebecca Werther MBBS, FRACP (Paediatric Immunology)

Dr Rebecca Werther is a paediatric allergist and immunologist based in Melbourne. Rebecca did most of her training at the Royal Children's Hospital in Melbourne, with completion of her allergy/immunology fellowship in Brisbane in 2011. Since then, she has worked in multiple private practices both in Brisbane and in Melbourne, before establishing her own practice, Stem Allergy and Paediatric Specialists, in Glen Iris in 2019.



B.J. Woodstein IBCLC, PhD

B.J. Woodstein is a translator, writer, doula, lactation consultant, consultant in EDI and education, and honorary professor of literature and translation. Her most recent books include

Feeding Your Allergy Baby, The Road to IBCLC, Translation Theory for Literary Translators, and We're Here! A Practical Guide to Becoming an LGBTQ+ Parent.



Tanya van Aswegen APD, MPH

Tanya van Aswegen is an accredited practising dietitian with over 15 years of extensive experience across diverse cultural landscapes.

Tanya has also worked on a policy and advocacy level with UNICEF and the World Health Organisation. She is currently working in private practice.

Accreditation:

Accreditation: 8.75 L CERPs

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IBLCE Approval:

CL2024-AU2 - Total 37.5 CERPs (36.5 L CERPs & 1 R CERP)

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