



QUALIFICATIONS

Lvl 1 Integrative Breathing Therapy, Rosalba Courtney 2017
Graduate Diploma Human Nutrition Deakin University 2017
Certificate Fundamentals Sleep Medicine Sydney University 2016
Diploma Buteyko Practitioner Buteyko Clinic 2011
Cert IV TAE Workplace Training 2010
Senior First Aid Certificate current to 2020
Screen Presenters Course NIDA 2004
Voice Training NIDA 2002
Presenting for Camera NIDA 2001
Presentation course NIDA 1996
Roulette Dealer Certification Star City Casino 1995
Post Graduate Diploma of Nutrition, Australian College of Nutritional Medicine (Dr. Ian Brighthope) 1990
Presentation course, 'Powerful Presentations' 1989
Diploma of Naturopathy, Nature Care College. Graduation prize: Nutrition 1988
ACHPER Fitness leader 1983
Bachelor of Economics Sydney University 1982

MEMBERSHIPS

Fellow of Buteyko Professionals International (BPI)
Fellow Naturopaths and Herbalists Association Australia (NHAA)
Australian Traditional Medicine Society (ATMS) - Past Head of Naturopathy
Australasian Medical Writers Association (AMWA)
Australian Society Authors (full member) (ASA)
Australian College of Nutritional and Environmental Medicine (ACNEM)
Buteyko Breathing Educators Association (BBEA)

CLINICAL EXPERIENCE

King Street Clinic, Sydney , 2013 to present
Bowral Clinic (Bong Bong st) 2007 to present
Strand Arcade, Sydney, 1998-2008
Wholistic Medical Centre, Surry Hills, 1993-1998
Naturopathic clinic, Surry Hills, 1992-1993
Naturopathic clinic, Randwick, 1990-1992
Blackmores Laboratories, 1988-1990

BOOKS

Natural Remedies – Rockpool 2014
Grow Your Own Medicine – HarperCollins 2011
Tea, Health & Happiness – Ripe Off the Press 2008
FeelGood Food (with Gül McCarty) – ABC Books 2006
Natural Therapies to Boost Mind and Mood – Random House 2003
Nutrition for Slobs (ill. Nick Bleasel) – ABC Books 2001
Help Yourself A-Z (with Jan Castorina) – Random House 1999
The Commonsense Guide to Eating Well for the Nutritionally Bewildered – ABC Books 1998



Beaming With Health: The simple guide to feeling good (ill. Cathy Wilcox) – ABC Books 1993

PRINT

Body+Soul Sunday Telegraph

Regular weekly column as Naturopath Expert January 2010 to 2016

Body+Soul.com.au monthly feature 2012 to 2016

Australian Corporate Wellness bi-monthly publication 2009

Life Etc bi-monthly publication 2005–2009

South Coast Style bi-monthly publication 2008

Good Health & Medicine monthly publication 2006–2008

Family Circle monthly publication 2002–2005

Sun Herald weekly column 1992–1997

Other publications: Sydney Morning Herald, Wellbeing Magazine

RADIO

Talk-back programs, in addition to being regularly interviewed by journalists for comment on topical matters regarding natural medicine.

ABC Broken Hill – Outback Outlook with Julie Clift – biweekly talkback segment July 2014 - present

2ST Pete Brandtman Local Illawarra and Southern Highlands Radio – weekly segment 2010-2016

ABC 702 Tony Delroy National – monthly hour-long broadcasts 2002–2007

2GB Kerry Ann Kennerley Weekly 30-minute broadcasts 2002

ABC JJJ Angela Catterns National – weekly hour-long broadcasts 1990–1995

Other radio: Newcastle ABC, Canberra ABC

TELEVISION

Appearances on: Studio 10 (2014-2017), Good Morning Australia, Bert Newton, Trisha Goddard, Mornings with Kerri-Anne

Lifeforce (Foxtel)

Series 1 (6 x 1-hour episodes) 2002

Series 2 (8 x 30-minute episodes) 2004

Foxtel Series of 30+ infomercials

Fresh (Channel Nine) Featured in 9 Episodes

HERBAL TEA MANUFACTURING

Since 2006 manufacturing and selling a range of herbal teas, available from www.mimbeim.com

CONTINUING EDUCATION

Continual engagement in professional education programs, industry conferences, events and lectures

OTHER

Assistant Auditor – Arthur Young Chartered Accounting 1983

Roulette Dealer – Star City Casino 1995