



MIM BEIM

Biography

Through over 30 years of practice Mim has developed a commonsense approach to healing. For instance, there is no point in taking every supplement known to man if a simple diet or lifestyle change will do the trick.

Mim Beim is a naturopath and manufactures a range of therapeutic herbal teas. She has written 9 books, her most recent being *Mim Beim's Natural Remedies*, and has helped create two TV series on Foxtel (*Lifeforce*), as well as appearing often on TV.

In the late 1980s Mim was the Triple J naturopath, and afterwards on the *Night Life* program. Mim is a regular guest on ABC radio and has been a long term columnist for Sunday Telegraph *Body+Soul*, *Life Etc*, *Good Health & Medicine*, the *Sun Herald* and *Family Circle* and has been a consultant to *Liptons Tea*, *Nokia* and the reality TV sensation *Big Brother*.

In 2011, Mim studied under world renowned Buteyko Expert, Patrick McKeown. Since then, Mim says the Buteyko method of breathing has transformed her practice.

'All I do is listen hard, and try to help with any information or medicine that is needed... Whatever it takes to get you feeling better.' Mim

Mim believes that at some level each patient often intuitively knows, or has a hunch, what is wrong with them, and what is the right direction they should take with regard to healing. She also believes treatment should be enjoyable as well as helpful - so, unless absolutely necessary, she is unlikely to prescribe a torturous diet regime.

Before life as a naturopath, Mim gained an Economics degree from the Sydney University and had a short-lived career as an auditor with a large accounting firm. She was a fitness instructor for 15 years, and had a brief career as a roulette dealer.

Mim Beim graduated from the Nature Care College with the Nutrition Prize in 1988 and has been in practice ever since. She is the past Head of Naturopathy for ATMS, the Australian Traditional Medicine Society, Australia's leading society for Natural Medicine, and is also a Fellow of NHAA, the Naturopath & Herbalist Association of Australia, and a full member of the Australian Society of Authors and the Australasian Medical Writers Association. She has a Graduate Diploma of Human Nutrition from Deakin University. Mim currently lectures at the Australasian School of Natural Therapies and Endeavour College in Sydney. Mim is a senior practitioner of Buteyko and is a Fellow of Buteyko Professionals International,

Mim lives in the beautiful Southern Highlands and her interests include her pets, bushwalking and gardening.

'As an auditor, I make a great naturopath!' Mim

MIM'S BOOKS



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- Mim Beim's Natural Remedies (2014)
- Grow Your Own Medicine (2011)
- Tea, Health & Happiness (2008)
- FeelGood Food (with Gül McCarty, 2006)
- Natural Therapies to Boost Mind and Mood (2003)
- Nutrition for Slobs (2001)
- Help Yourself A-Z (with Jan Castorina, 1999)
- The Commonsense Guide to Eating Well for the Nutritionally Bewildered (1998)
- Beaming With Health: The simple guide to feeling good (1993)