



MIM BEIM

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BREATHE



HERBAL TEA



NATUROPATHY

QUALIFICATIONS

Senior First Aid Certificate CURRENT
Oxygen Advantage Instructor, Patrick McKeown 2019
Integrative Breathing Therapy, Rosalba Courtney 2017
Post 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
Screen Presenters Course NIDA 2004 Voice Training NIDA 2002
Presenting for Camera NIDA 2001 Roulette Dealer Certification Star City Casino 1995
Post Graduate Diploma of Nutrition, Australian College of Nutritional Medicine 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

BOOKS

Natural Remedies – Rockpool 2014
Grow Your Own Medicine – HarperCollins 2011 Tea,
Health & Happiness – Ripe Off the Press 2008
FeelGood Food (with G I 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 Common-Sense 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

PRESENTATIONS

NSW Department Education – series webinars - Destress with Every Breath
2021 Orthodontic Mini Residency EODO - Buteyko Breathing 2021
Reserve Bank - Breathing retraining 2020
NHAA biannual conference 2018

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

CONTINUING EDUCATION

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

HERBAL TEA MANUFACTURING

- Since 2006 manufacturing and distribution mimbeim herbal teas.

MEMBERSHIPS

- Fellow of Buteyko Professionals International (BPI)
- Fellow Naturopaths and Herbalists Association Australia (NHAA)
- Australasian Sleep Association (ASA)
- Australasian 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

- Mittagong Clinic 2021 to present
- King Street Clinic, Sydney, 2013-2020
- Bowral Clinic (Bong Bong st) 2007- 2021
- Strand Arcade, Sydney, 1998-2008
- Wholistic Medical Centre, Surry Hills, 1993-1998
- Surry Hills Clinic, 1992-1993
- Randwick Clinic, 1990-1992
- Blackmores Laboratories, 1988-1990

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 2014-2018
- 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 (2014-2019), 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

OTHERS

- Auditor - Arthur Young Chartered Accounting
- Roulette Dealer - Star City Casino 1995
- Fitness Instructor - 1982-1998