

# Medicine

## MEET THE FX MEDICINE HOSTS

**Your gateway to the latest research and information in functional and evidence-based complementary medicine**

FX Medicine was created by BioCeuticals to support and build clinical skills by showcasing safe, evidence-based approaches to health care using complementary and functional medicine, and to highlight new research on the evidence for the therapeutic action of individual therapeutics such as nutrients and herbal medicines.

Since 2014, FX Medicine has brought the latest in evidence-based integrative, functional, and complementary medicine to practitioners in 123 countries, and been streamed by tens of thousands of users around the world.

### **DR MICHELLE WOOLHOUSE**

*Integrative GP*



Michelle's philosophy is that health addresses the whole spectrum of a person's life: emotional, physical, mental, spiritual and environmental.

Dr Woolhouse has an over 25 years experience as a clinician where she has honed her in-depth understanding of the underlying cause of diseases and the healing principles of the body from an energetic, biochemical, psycho-spiritual and relational level.

### **EMMA SUTHERLAND**

*Naturopath*



Emma's mission in life is to inspire women to get their Mojo back and she has spent the last 18 years helping families raise vibrantly healthy children.

Emma's busy clinic provides her with many clinical insights as well as keeping her finger on the pulse of patient-led trends. Her friendly personality results in a unique ability for people to feel comfortable and listened to.

### **DR ADRIAN LOPRESTI**

*Clinical Psychologist  
and Researcher*



Adrian has over 20 years of clinical experience working with children and adults experiencing a range of mental health conditions.

Dr Lopresti regularly publishes in peer reviewed, high-impact journals and has completed several clinical trials investigating the effects of herbal ingredients such as curcumin, saffron, ashwagandha, bacopa monnieri, echinacea, and holy basil on anxiety, depression, insomnia, cognitive decline, osteoarthritis, irritable bowel syndrome, and general wellbeing.

# FOUR PERSPECTIVES, ONE PODCAST

**FX Medicine has demonstrated a commitment to the industry by bringing on 4 hosts, representing 4 different modalities:**

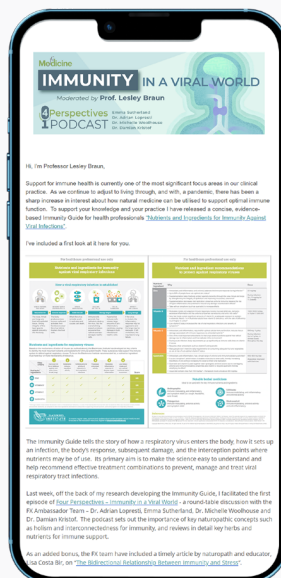
**Dr Adrian Lopresti** | Clinical Psychologist and Researcher

**Dr Michelle Woolhouse** | Integrative GP

**Emma Sutherland** | Naturopath

**Professor Lesley Braun** | Blackmores Institute Director

The result is a balanced, holistic view of issues as evidenced in our new **4 perspectives** roundtable podcast format featuring all 4 ambassadors and moderated by Blackmores Institute Director and FX Medicine Editor in Chief, Professor Lesley Braun.



**THE LATEST INFORMATION AND EVIDENCE-BASED RESEARCH, DELIVERED TO YOUR INBOX.**

Our monthly practitioner newsletter now includes clinical resources and articles, alongside our latest podcasts, articles and upcoming events.

## 4 PERSPECTIVES PODCAST

### THE MENTAL HEALTH CRISIS: PROMOTING WELLBEING FOR OUR PATIENTS AND OURSELVES

Almost half of all Australian adults will face mental health challenges during their lives, and 1 in 5 will experience one this year. How can we as practitioners support our patients, our communities, and even ourselves?

Dr Adrian Lopresti, Emma Sutherland and Dr Michelle Woolhouse came together for the first time as hosts in an episode moderated by Dr Lesley Braun, to discuss the growing mental health crisis and the shifts they have seen in their various practices around the growing mental health challenges, and how natural medicine and natural health practitioners can support their clients' wellbeing. They also discuss what this crisis is teaching us about mental health, how some of the long-term effects of this might manifest in the coming years, and some of the strategies each host employs to keep themselves and their patients in a better mental health space.

### IMMUNITY IN A VIRAL WORLD

Immunity continues to be the single most significant issue in the global health sector. Facilitated by Professor Lesley Braun following her recent research on Immunity in a Viral World – we look at immunity through the lens of Dr Adrian Lopresti our psychologist, and his perspectives on the bidirectional relationship between stress and immunity. Emma Sutherland brings in important naturopathic understandings of immunity and herbal medicines, and Dr Michelle Woolhouse brings in perspectives from an integrative GP, and what drives impaired immune resistance.



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