



Qualifications & Memberships

- 🍎 **Bachelor of Science**, double major in Biochemistry and Microbiology, Melbourne University
- 🍎 **Honours in Nutrition** program, Deakin University
- 🍎 **Graduate Diploma of Dietetics**, Deakin University
- 🍎 **PhD in Nutrition**, Faculty Medicine, Monash University
- 🍎 **Currently studying Diploma in Botanic Medicine**, University Newcastle, Southern Cross Herbal School
- 🍎 **Member**, Dietitians Association of Australia for 24yrs
- 🍎 **Member**, Australian Integrative Medical Association
- 🍎 **Accredited Member**, Australian Traditional Medicines Society (TGA no. 48951)
- 🍎 **Professional Member**, Diabetes Australia Victoria
- 🍎 **Professional Member**, Coeliac Society Victoria
- 🍎 **Referee of scientific papers** submitted to various medical journals e.g *Asia Pacific Journal of Clinical Nutrition* and *Journal of Complementary Medicine*

Professional Profile

- 🍎 **Over 20 years experience as a clinical nutritionist**, working in hospital settings and in private practice at over 10 medical clinics during this period.
- 🍎 **University lecturer** in nutrition to medical students (Faculty of Medicine, Monash University) for 14 years
- 🍎 **Honorary Nutrition Research Fellow** at Monash University since 2002 ('reader' of nutrition/herbal research, supervision of 3 PhD students).
- 🍎 **Nutrition scientist/researcher** for over 20 years. Research on the diabetic diet (Honours) and PhD/Post Doc on over 1000 elderly people from 5 countries to determine how diet (especially mediterranean diet) and lifestyle affects health/longevity. Skin health and medicinal use of herbs/spices/foods was also studied.
- 🍎 **Published over 35 nutrition research papers**
- 🍎 Co-authored **10 nutrition chapters to 2 University textbooks** and **chapters on Drug-Nutrient-Herb interactions and Nutritional Assessment** for a **textbook on Integrative Medicine**.
- 🍎 **Coauthored over 50 articles** for Victorian gov. website BetterHealth Channel; **7 reports** for Australian Gov
- 🍎 **Managing editor of medical nutrition journal** (4 yrs)
- 🍎 **Managing editor of healthyeatingclub.org**
- 🍎 **Developed on-line nutrition and wellness courses** for medical students, for general public and for ongoing GP education (Primed/ In Touch).



Consultations include:

Dr Kouris has a holistic approach to patient care with the ultimate goal of improved wellness and optimal health. She goes beyond simple dietary coaching for the management of the presenting

condition. She addresses all nutrition related symptoms that may involve multiple organs, nutritional insufficiencies caused by the condition/ diet/medication/ environment. Treatment includes tailored dietary prescription and short term tailored evidence based nutritional therapy to aid in management of condition(s) and improvement of wellness. **She has a special interest in integrative medicine/nutrition.**

🍎 Assessment of your nutritional status

- ✅ **nutritional adequacy of your diet** - using a combination of dietary history, clinical symptoms, nutritional biochemistry/blood tests; if your diet is lacking any nutrients, a combination of diet & short term supplements will be recommended to correct these
- ✅ **medications** - their effects on your nutritional status (e.g blocking absorption of nutrients)
- ✅ **supplements** - vitamins/herbs & interactions with your medications
- ✅ **body composition assessment** - anthropometry/ electrical impedance to determine the amount and location of body fat as well as muscle mass.

🍎 Preventative Medicine/Wellness

Prescribed diet (and supplements if needed)

- ✅ prediabetes(hyperinsulinaemia/hypoglycaemia)
- ✅ prehypertension/elevated blood fats/ heart disease
- ✅ elevated abdominal/visceral fat and 'waist' loss
- ✅ osteoporosis/joints, cancer, immune function
- ✅ PMT, thrush, menopause, depression
- ✅ chronic fatigue, fibromyalgia, stress, insomnia
- ✅ migraines, food intolerances/elimination diet
- ✅ hair, skin (acne/wrinkles/eczema), nails, anaemia
- ✅ nutrient insufficiencies, vegetarians, healthy aging

🍎 Nutritional Therapy of Medical Conditions

Prescribed diet (and supplements if needed)

- ✅ diabetes, polycystic ovaries, fertility
- ✅ high blood fats (cholesterol, triglycerides)
- ✅ fatty liver, thyroid, gout, gall/kidney stones, kidney disease
- ✅ gastrointestinal disorders (reflux, gastritis, ulcers, gastro-paresis, irritable bowel (fructose/lactose intolerance) crohns, colitis, coeliac, constipation/diarrhoea
- ✅ osteo/rheumatoid arthritis, osteoporosis
- ✅ malnutrition, cancer, eating disorders



Vitamin Supplements

- 🍎 **Dr Kouris has a special interest in identifying nutritional insufficiencies** as these can contribute to feelings of unwellness and development of health problems.
- 🍎 **Dr Kouris is opposed to mega doses of vitamins** and will always use the lowest possible dose necessary for the shortest period of time.
- 🍎 **She is also opposed to long term supplementation** and will educate patients on how to improve their diet to get the missing nutrients. Some patients may need long term supplementation if they are unable to improve their diet or if they have certain conditions or take certain medications.
- 🍎 **Patients at risk of nutritional insufficiencies include:** chronic dieters/poor food intake; sedentary patients; patients on certain drugs; patients with chronic illnesses; pregnant/breastfeeding or women with young children; excess alcohol/smoking/drug abuse; vegetarians/ food sensitivities; some athletes; injured; elderly.
- 🍎 **Blood tests** can detect common deficiencies like iron, B12, folate, vit D but common insufficiencies like magnesium, zinc, iodine, selenium, omega 3 fats, vitamin B6 and less common ones like vitamin A/E, chromium, lipoic acid, CoQ10 are more difficult/expensive to measure.
- 🍎 **Dr Kouris looks for symptoms of insufficiencies** (e.g tongue,nails, eyes, hair, skin, fatigue, brain fog, bowel problems, muscle pain, PMT etc). She will also assess the diet qualitatively because computer diet analysis programs are based on food composition tables that are over 30yrs old so results from these programs may not be accurate (food supply/quality of fruit/vegetables has changed).
- 🍎 **If there is a nutrient insufficiency**, this is best corrected quickly with a supplement taken only for a few months as it may take too long to correct with diet alone.
- 🍎 **Dr Kouris also has a special interest in identifying deficiencies caused by medications** and whether your vitamin/herbal supplements interact with your medications
- 🍎 **She is also familiar with the best supplements** on the market that are good quality and well absorbed.
- 🍎 **Supplements from the pharmacy or health food shop** will be recommended. She may also recommend a **practitioner only product** which she has found to be clinically effective (*she sells these at wholesale prices to avoid conflict of interest*).
- 🍎 As a **nutrition research fellow at Monash University**, she has become familiar with the evidence behind some **herbal products**. She may recommend such products and will liaise with the referring doctor about their use.



Fees

Cash or cheque only (credit cards not accepted)

🍎 **\$0 Bulk Billing if on Enhanced Primary Care Plan** (via Medicare), up to 5 visits to a dietitian are allowed on this plan in a calendar year for eligible patients with chronic conditions (ask your doctor)

🍎 **\$55 per 30min for private patients** (rebates by most private health insurance companies)

All appointments 30min - except

1) **45-60 minute appointments** are available for private patients who wish to have both the nutritional assessment and diet prescription in the one appointment (**\$80-\$110**).

2) **Long term follow-up 15 min \$25**

1st appointment:

Assessment of your nutritional status and Booklet (38 pages) "Food Shopping Guide"(\$4)

Subsequent appointments:

- **written Prescribed Diet**
- **Body composition assessment** using the safe/pain free electrical impedance; this determines how much visceral fat you have around your intestines as this is linked to disease; large amounts of visceral fat can be found in both slim and over-weight patients; this is an optional test (extra charge of \$5)
- **monitoring your progress/body fat**
- **blood tests and supplements if necessary**
- **exercise prescription for 'waist' loss**



Dr Kouris has designed a stepping block "**STEP FIT**" to help patients lose detrimental fat from their abdomen by strengthening abdominal muscles and by building

the largest muscle of the body (thigh muscle); it supports weights over 100kg and assembles without nails. The stepping block is also good for seniors to improve balance and strengthen muscles/tendons (\$75 at wholesale price).



Locations



Please call any time to make an appointment at the following locations:

🍎 **Clayton: Whole Health Medical Clinic**, 31 Dunstan St, T: 95445993 Tuesday & Thursday 9-4pm (weekly)

🍎 **Moorabbin: Moorabbin Med Clinic**, 326 South Rd, T: 94837013 (answering service), Sat 9-2pm (weekly),

🍎 **Brighton: 1st Floor, Suite B**, corner Bay St, Nepean Hwy and Hampton St T: 94837013 (answering service), Friday 9-2pm (monthly)

Please FAX CARE PLANS prior to appointments to:
Fax: 95154544

akouris@optusnet.com.au
www.healthyeatingclub.org

We appreciate 48 hours notice in the case of cancellation or a fee (\$20) will be charged for broken appointments

*"The greatest obstacle to discovery is not ignorance
- it is the illusion of knowledge"*
US Historian Daniel Boorstin

*"Genetics loads the gun, but
the environment pulls the trigger"*

*"Sow a thought, and you reap an act;
Sow an act, and you reap a habit;
Sow a habit, and you reap a character;
Sow a character, and you reap a destiny"*

Total Nutrition Care

Clinical Dietitian

*Specialising in medical nutrition therapy
and drug-nutrient-herb interactions*



Dr Antigone Kouris

BSc (Biochem)(Melb), Hons (Nutrition)(Deakin),
Grad Dip Diet (Deakin), PhD Med Nutrition (Monash)

*Honorary Nutrition Research Fellow
Monash Asia Institute*



🍎 Moorabbin 🍎 Brighton 🍎 Clayton