



Qualifications & Memberships

- ✔ **PhD in Nutrition**, Faculty Medicine, Monash Uni 1992
- ✔ **Post Grad Dip of Dietetics**, Deakin University 1986
- ✔ **Honours Nutrition** program, Deakin University 1985
- ✔ **Bachelor of Science**, double major in Biochemistry and Microbiology, Melbourne University 1984
- ✔ **Dip Botanic Med**, Uni Newcastle 2010
- ✔ **Member**, Dietitians Association of Australia for 25yrs
- ✔ **Member**, Diabetes Australia, Victoria
- ✔ **Member**, Coeliac Society, Victoria
- ✔ **Member**, Australian Integrative Medical Association
- ✔ **Member**, Aust Traditional Med Soc (TGA no. 48951)
- ✔ **Referee of scientific papers** submitted to medical journals e.g *Asia Pacific Journal of Clinical Nutrition* *Journal of Nutrition and Dietetics*

Professional Profile

- ✔ **25 years experience as a clinical dietitian**
- ✔ **Currently is an Adjunct Senior Lecturer**, Department of Dietetics, Latrobe University
- ✔ **Nutrition scientist/researcher** at Monash Uni for over 20 yrs. Research on 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.
- ✔ **Honorary Nutrition Research Fellow** at Monash University (2002-2005); 'reader' of nutrition/herbal research, supervisor of 4 PhD students.
- ✔ **Lecturer** in nutrition to medical students (Faculty of Medicine, Monash University) 1995-2001
- ✔ **Managing editor**, medical nutrition journal 2002-2006
- ✔ **Published over 35 nutrition research papers**
- ✔ **Developed a data base of over 400 drugs** and their interactions with foods, herbs and vitamins
- ✔ **Co-author 5 university text books** e.g "Food and Nutrition" editor Wahlqvist and "Hand book of evidence based integrative medicine" editor Kotsirilos
- ✔ **Author of her 2 books "Food Sources of Nutrients" and "Medications: Good and Bad interactions with Foods, Herbs and Nutrients" from www.lulu.com**
- ✔ **Coauthored over 50 articles** for Victorian gov. website BetterHealth Channel; **7 reports** for Australian Gov
- ✔ **Developed on-line nutrition** courses for medical students (2000) and doctors (Primed/ InTouch)
- ✔ **Managing editor** www.healthyeatingclub.org 2002-10

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.



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

Medical Nutritional Therapy of:

Prescribed diet (and supplements if needed)

- ✔ gastrointestinal disorders (reflux, gastritis, ulcers, gastroparesis, irritable bowel (FODMAP diet) crohns, colitis, coeliac, constipation/diarrhoea
- ✔ prediabetes(hyperinsulinaemia/hypoglycaemia), diabetes, polycystic ovaries
- ✔ high blood fats (cholesterol, triglycerides), fatty liver
- ✔ prehypertension/hypertension
- ✔ thyroid/fatigue/fibromyalgia
- ✔ gout, gall stones, kidney stones, kidney disease
- ✔ osteo/rheumatoid arthritis, osteoporosis
- ✔ cancer, immune function
- ✔ menstruation/PMT/fertility/migraines/mood
- ✔ hair, skin (acne/wrinkles/eczema/psoriasis), nails
- ✔ malnutrition (weight loss, cancer, eating disorders)
- ✔ elevated abdominal/visceral fat and 'waist' loss
- ✔ nutrient deficiencies, vegetarians, anaemia

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 and Diploma in Botanic medicine**, she has become familiar with the evidence behind some **herbs i.e. interactions with drugs and their usefulness in helping conditions**. She will liaise with the referring doctor about their use.



Fees

Cash/cheque only (EFTPOS/credit not available)

✔ **\$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)

✔ **\$60 per 30min for private patients** (rebates by most private health insurance companies)

All appointments 30min, except:

1) **60 minute** appointments are available for private patients who wish to have both the nutritional assessment and diet prescription in the one appointment (**\$120**).

2) **Long term follow-up 15 min \$30**

1st appointment (30min):

Assessment of your nutritional status only (prescribed diet provided at 2nd appointment)

Subsequent appointments (30min):

- **written Prescribed Diet**
- **monitoring your progress**
- **blood tests and supplements if necessary**

Please call any time to make an appointment: 94837013

**By Appointment only:
Wed, Fri, Sat 9.30-5pm**

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



My Books

For patients and health professionals

POCKET BOOKS/EBOOKS

- ✔ **Food Sources of Nutrients**
\$7.99 (Ebook) or \$13.99 (paperback)
- ✔ **Medications: Good and Bad interactions with Food, Herbs and Nutrients**
\$13.99 (Ebook) or \$18.99 (paper back)

Purchase Dr Kouris' books from www.lulu.com
(type "Dr Antigone Kouris" in their 'search box')

TEXT BOOKS

- ✔ **Food & Nutrition** (ed Wahlqvist ML), Allen and Unwin 2010 (contributed 9 chapters)
- ✔ **Handbook of Integrative Medicine** (ed Kotsirilos), Elsevier 2010 (contributed 2 chapters & 2 appendices on nutritional assessment and diagnosis, drug interactions, food sources of nutrients)

"Those who do not find time every day for health must one day sacrifice a lot of time for illness"

"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

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

Adjunct Senior Lecturer
Department of Dietetics, Latrobe University



Care Plans Bulk Billed

Suite 22, 488 Neerim Rd, Murrumbena,
Vic 3163 Tel: 94837013 Fax: 95154544
Wed, Frid, Saturday 9.30-5pm (opposite train station, bus 822)
www.ntpages.com.au/antigonekouris
akouris@optusnet.com.au