



## 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 an Adjunct Associate Professor**, Dept Dietetics & Human Nutrition, La Trobe Uni 2012 Lecturing, Clinical supervisor, PhD supervisor
- ✔ **Nutrition scientist/researcher** at Monash Uni for over 20 yrs (mentored by medical clinical nutritionist **Professor Mark Wahlqvist**). Research on diabetic diet (Honours) and PhD/Post Doc on over 1000 elderly people from 5 countries to determine how the mediterranean diet and lifestyle affects health/longevity. Skin health and medicinal use of herbs/spices/foods also studied. Nutrition Research Fellow (2002-2005; 'reader' of nutrition/herbal research, PhD supervisor.
- ✔ **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 "A Guide to evidence based integrative medicine" editor Kotsirilos
- ✔ **Author of her 3 books** "Food Sources of Nutrients" and "Medications: Good and Bad interactions with Foods, Herbs and Nutrients "You are what you Cook!"
- ✔ **Coauthored 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 takes a holistic approach** to patient care with the ultimate goal being 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.
- ✔ **Multivitamins are not commonly used.** Instead, short term nutritional therapy may involve the use of **specialised nutritional products** that target specific organs (e.g bowel) or metabolic functions (e.g insulin action).
- ✔ **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 deficiencies like iron, B12, folate, vit D & A, zinc, selenium. Urine can be used to measure iodine levels. Magnesium is hard to assess from blood. Some of these can be difficult/expensive to measure. Therefore Dr Kouris also looks for **symptoms of insufficiencies** (e.g tongue,nails, eyes, hair, skin, fatigue, brain fog, bowel problems, muscle pain, PMT etc).
- ✔ **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 close to wholesale price 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

✔ **\$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) **90 minute** appointments are available for private patients who wish to have both the nutritional assessment and diet prescription in the one appointment (**\$90**).

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

### 1st appointment (30min):

**Assessment of your nutritional status only (prescribed diet provided at 2<sup>nd</sup> 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**

**Weekdays and Saturdays available**

**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**  
\$12 (paperback)
- ✔ **Medications: Good and Bad interactions with Food, Herbs and Nutrients**  
\$15 (paper back)
- ✔ **You are what you COOK! Recipe Book**  
(suitable for diabetes, cholesterol, coeliac)  
\$18 (paper back)

Purchase Dr Kouris' books from [www.lulu.com](http://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)



## My Cookies

**Skinnybik™** cookies that love you...

- Spelt, Date & Butterscotch** fructose friendly
- Lupin, Cocoa & Dark Choc Chip** gluten free
- Lupin, Cranberry & Rose** gluten free
- Lupin, Turmeric & Chia** gluten free

Free of artificial colours, preservatives, sugar alcohol sweeteners and aspartame. **Reduced (or skinny)** in **sugar** (40-50%), **fat** (30-40%), **saturated fat** (80-90%), **salt** (80%) and **calories** (20-25%) and contain zero trans fats, double the protein and 3-4 times more fibre than similar commercial biscuits. **Purchase from my clinic or from [www.skinnybik.com](http://www.skinnybik.com) (free delivery)**

# Total Nutrition Care

## Clinical Dietitian

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

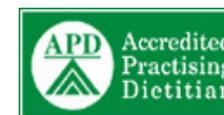


## A/Prof Antigone Kouris

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

### Adjunct Associate Professor

*Discipline of Dietetics & Human Nutrition, La Trobe University*



# Care Plans Bulk Billed

**Suite 22 (street level), 488 Neerim Rd,  
Murrumbeena, Vic 3163**

**Tel: 94837013 Fax: 95154544**

*(opposite train station, bus 822)*

[www.ntpages.com.au/antigonekouris](http://www.ntpages.com.au/antigonekouris)

[akouris@optusnet.com.au](mailto:akouris@optusnet.com.au)

