



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 30yrs
- ✔ **Member**, Diabetes Australia, Victoria
- ✔ **Member**, Coeliac Society, Victoria
- ✔ **Referee of scientific papers** submitted to medical journals e.g *Asia Pacific Journal of Clinical Nutrition* *Journal of Nutrition and Dietetics*

Professional Profile

- ✔ **30 years experience as a clinical dietitian**
- ✔ **Currently an Associate Professor, Discipline of Dietetics & Human Nutrition, La Trobe University**, Research, Lecturing, Clinical & 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 800 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 50 nutrition research papers**
- ✔ **Developed a data base on over 400 drugs** and their interactions with foods, herbs and nutrients.
- ✔ **Co-author 35 chapters to 7 university text books** e.g "Food and Nutrition" editor Wahlqvist and "A Guide to evidence based integrative medicine" editor Dr 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 Monash medical students 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 medications

Medical Nutritional Therapy of:

Prescribed diet (and supplements if needed)

- ✔ weight management/visceral fat "waist" loss (variety of diets utilised e.g intermittent fasting, Mediterranean diet, Cambridge diet)
- ✔ 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)
- ✔ 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

Medicare EPC (all appointments 30 minutes)

\$0 (Pensioners/Health care cards) or **\$10 gap 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 GP).

- ✔ **First appointment** is "assessment only" (may suggest more blood tests).
- ✔ **Second appointment:** diet plan and supplements (if needed).

Private Patients (rebates by most private health insurance companies)

- ✔ **First appointment 90-120 minute** (includes nutritional assessment, blood tests and diet plan) (\$90-\$120).
- ✔ **Second appointment 60min** (\$60) (progress, supplements if necessary)
- ✔ **Long-term follow-up 15min** (\$30)

Please call any time to make an appointment:

03 94837013 (leave message)
for Murrumbeena or Beaumaris

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



Follow Prof Kouris for updates in nutrition research & healthy recipes
www.facebook.com/profkourisnutrition



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)
\$25 (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 (2 chapters & 2 appendices on nutritional assessment and diagnosis, drug interactions, food sources of nutrients)



My Cookies

Skinnybik™ Hunger busting low sugar
Better for you

Suitable for weight loss/blood glucose management
Spelt, Date & Butterscotch low fodmap
Lupin, Cocoa & Dark Choc Chip gluten free
Lupin, Cranberry & Rose 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 (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)
Associate Professor
Discipline of Dietetics & Human Nutrition, La Trobe University



Care Plans Bulk Billed
Pensioners/Health care cards

488 Neerim Rd, Murrumbeena 3163
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& 167 Charman Rd Beaumaris 3193
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