

Curriculum Vitae for Giselle Cooke

EDUCATION

- ▶ Bachelor of Medicine, Bachelor of Surgery, UNSW. Graduated 1979.
- ▶ Internship at Royal Prince Alfred Hospital, Camperdown, NSW
- ▶ Postgraduate study and experience in paediatrics (UK), general practice (Aus.)

Studies in Complementary Medicine

- ▶ Diploma of Acupuncture, Hong Kong College of Chinese Acupuncture, 1976-77
- ▶ Diploma of Botanical Medicine, Southern Cross Herbal Schools, Gosford, NSW, 1982-83
- ▶ Studied with and lectured for the Australasian College of Nutritional and Environmental Medicine, 1985- 1995.
- ▶ Studied with and lectured on behalf of the Institute of Functional Medicine, Gig Harbour, Washington, USA, Dr Jeffery Bland, 1985 – 2002
- ▶ Further personal studies undertaken in Traditional Chinese Medicine, Ayurvedic Medicine and metaphysical counselling

CLINICAL PRACTICE

- ▶ Wholistic medical practices in Crows Nest, Wahroonga, Artarmon (Nature Care) 1985-8.
- ▶ Opened Pymble Grove Health Centre, Pymble, 1989 – a comprehensive integrative medical centre with up to 19 practitioners. Director of Pymble Grove until 2004.
- ▶ Director of a small integrative practice, Health Alchemy, in Neutral Bay, 2004-2009
- ▶ Merged practice with Lotus Dental in Neutral Bay, directed by Dr Prue King, to form Lotus Health, another comprehensive wholistic health centre, offering wholistic dental, naturopathy, acupuncture, yoga and meditation. Participated in teaching for the seminar series at Lotus Health on various health topics from the menopause to insomnia.

RETAIL

- ▶ Director of The Modern Apothecary herbal dispensary and teahouse in Neutral Bay, adjacent to Health Alchemy, 2003-2009. Dispensed practitioner-only natural medicines in a pharmacy-style business to patients on prescription and in-store naturopathic advice.

LECTURING

- ▶ Lecturer in Symptomatology & Diagnosis, The Nature Care College of Naturopathic Medicine, Artarmon, Sydney, 1984-1996
- ▶ Founding Patron of The Australasian College of Natural Therapies, 1986.
- ▶ Lecturer in Differential Diagnosis for the Centre for Chiropractic, Macquarie University, 1998-2000

CONFERENCE PRESENTATIONS

- ▶ The Natural Health Society Annual Seminars, 1989, 1990, 1995
- ▶ "Living Health" Public Seminar, Manly, January, 1991
- ▶ Australian Pharmaceutical Industry Seminar, February, 1994
- ▶ Australian Society of Independent Midwives Conference, February, 1994
- ▶ Australian Lactation Consultants Association Seminar, March, 1994
- ▶ The Brahma Kumaris World Spiritual University Seminar on Mind-Body, November, 1994
- ▶ The Advanced Association of Beauty Therapists, May, 1995
- ▶ Blackmore's Women's Health Forum, May 1995
- ▶ Royal Australian College of General Practitioners Advanced Workshop : Ethics and Evidence Based Medicine, March, 1996
- ▶ Youth Health Forum, Westmead Children's Hospital, September, 1996
- ▶ Family Planning Association of NSW Women's Health Course, October, 1996 & December 1998
- ▶ Australian Natural and Complementary Medical Conference and Exhibition, Sydney Hilton Hotel, May, 1997
- ▶ Bio-Life Women's Health Forum, Kuala Lumpur, Malaysia, August, 1997
- ▶ "Your Child's Health: Why Natural Therapies Are A Good Choice", a public seminar in Parliament House, Sydney, hosted by The Hon. Alan Corbett, March, 1998
- ▶ "Intercellular Communication" Conference, Gold Coast, September 1999
- ▶ "Functional Medicine" Conference in Auckland, New Zealand, October 1999
- ▶ 2nd Australian Integrative Medicine Association Conference, Sydney, October 1999
- ▶ World Self Medication Industry Conference, November 2000
- ▶ Sydney Children's Hospital Paediatric Symposium for General Practitioners, January, 2001
- ▶ Health Summit, Canberra, February 2001
- ▶ Zonta International "21st Century Women's Seminar", February, 2001
- ▶ International Congress on Natural Medicine, June 2001
- ▶ Holistic Nurses Association Annual Conference, October, 2001
- ▶ Natural Therapists Expo, Darling Harbour, August, 2001
- ▶ Complementary Health Care Council Conferences, August 2000 & October, 2001
- ▶ Australian Integrative Medicine Association Annual Conferences, 1999, 2002, 2010, 2011

POLITICS

- ▶ Member of the National Herbalists Association of Australia 1983-present
- ▶ Advisor to the Alternative Medicines Summit, Canberra, 1989
- ▶ Convenor Health Network Australia, 1993-94
- ▶ Spokesperson for the Complementary Health Care Council
- ▶ Clinical Advisor to Therapeutic Goods Administration on Complementary Medicines, Trans Tasman Harmonisation Project 2005-6

RADIO & TELEVISION

- ▶ Interviewed by Ms Caroline Jones on "The Search for Meaning", ABC Radio, June, 1990
- ▶ Fortnightly guest on "Healthy Living" talk-back radio program, Radio 2UE, 1990-2000
- ▶ Presenter on cable TV program, "Body & Soul", 1999
- ▶ Wholistic medical guest on Tony Delroy's Night Life ABC 702AM program monthly, 2005-2009

PRINT MEDIA

- ▶ Completed first book, "Blooming : The Complete Australian Guide for Health & Wellbeing for Women Over 40" (Lansdowne Publishing) for release in September, 1999.
- ▶ Also medical editor of "The Complete Guide to Health & Wellbeing" (Lansdowne)
- ▶ Regular contributor to natural health magazines, newspapers, television and radio talk back programs over the past twenty years.
- ▶ Regular contributor to "Body Glow" magazine, 1998-99
- ▶ Contributor to "The Human Body" six-part series, The Daily Telegraph, February/March, 2002

FUTURE PROJECTS

- ▶ Applied to undertake a Ph.D. in male fertility with Professor Luis Vitetta, School of Molecular Biology, University of Queensland.

PERSONAL INTERESTS

- ▶ Outdoor exercise – bodyboarding, snowboarding, cycling, horseriding, beach walks
- ▶ Relaxation – music, playing guitars, yoga, meditation
- ▶ Culture – polo spectator & novice player, collecting Indigenous art, art exhibitions, dance & ballet performances, food & music festivals
- ▶ Spiritual – Baha'i faith, singing a cappella in Baha'i choir

AREAS OF EXPERTISE

Giselle's areas of expertise include the following:

- ▶ assessment of nutritional deficiencies
- ▶ managing metabolic syndrome
- ▶ healthy thyroid management
- ▶ navigating the menopause the natural way
- ▶ bio-identical hormone replacement

- ▶ natural migraine solutions that work
- ▶ hypertension management without drugs
- ▶ living without cystitis, without antibiotics
- ▶ adult acne and psoriasis cured naturally
- ▶ allergy-free forever - a wholistic health solution
- ▶ liver detoxification programs
- ▶ recovery programs for cancer survivors
- ▶ healthy conception, healthy pregnancy & healthy parenting
- ▶ natural health solutions for children's illnesses
- ▶ multiple sclerosis treatments that work