











































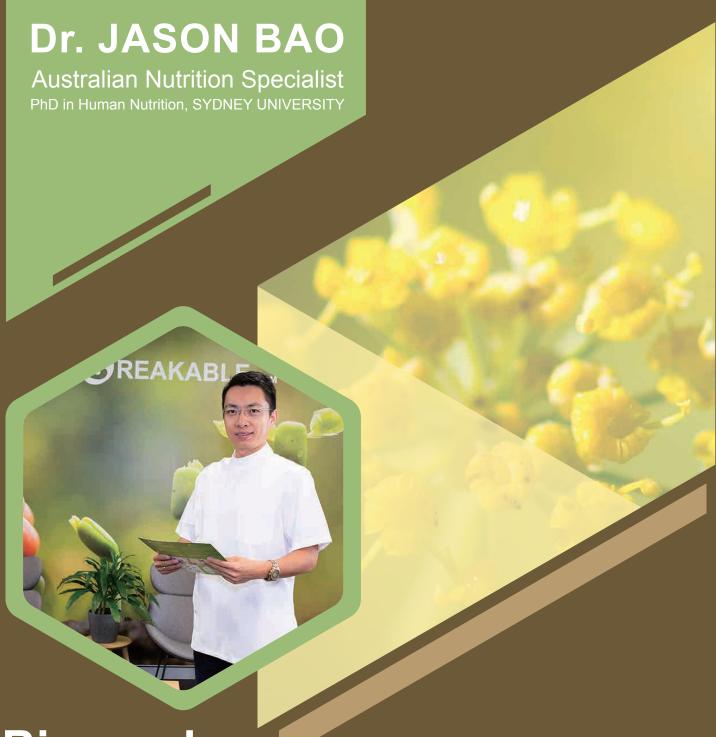


Weekly Wellness Workshop



WHO (World Health Organisation) data sources show that active involvement of people in their own health management can significantly improve their ultimate health and wellness. The primary purpose of our wellness workshop is to help people improve their nutritional and health knowledge, and optimize the quality use of Australian natural health products. Our workshop consists of a series of scientific-based seminars, health-focused articles and tutorials on a weekly basis. These topics have a wide range, covering different stages of life, from mothers-to-be right through to 60 years plus.





Biography

Dr. Bao's professional career spans over 10 years, covering area of expertise including pharmaceutical, complementary medicine and healthy food industry. Dr.Bao is highly respected and regarded as a health expert both locally and internationally, having most recently led as Asia Pacific's Head of Nutrition and Health Department for a Global Fortune 500 Food Company.

In his professional interest, Dr Bao is especially passionate about weight loss and diabetes. Dr Bao believe that early nutritional and lifestyle intervention is the fundamental solution for the chronic disease burden associated with obesity and diabetes.

From 2016, Dr. Bao was invited to be the guest host of a popular prime time TV series for health and wellness named "X Clinic" with over 1 million audiences watching each episode, seeking for Expert Tips and Advice on a vast range of health issues. He was also the guest host of live web casting organized by Ali-Health attracting over 1 million mobile audiences.

Dr Bao. believe that optimal efficacy of complementary medicine products comes from scientific based, unbiased advice of a nutrition professional, not from suppliers, and in his own words "there is no such thing as good or bad supplements, only good and bad choices".















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How it works















