

Our experts

Cutting-edge advice is at the heart of our stories—and we're lucky enough to have a team of leading health and wellness experts on call. Meet our go-to woman for matters of the mind



Marie Rowland

This psychotherapist and counsellor has her finger on the pulse of all the big issues of modern life, from work/life balance, to dialing down stress. As well as running her private practice, talking-matters, she's the founder of the inspiring Superwoman's Toolkit workshop series. Why we love her? Every time we tap her expertise, we always walk away with a fresh outlook on life. For more on Marie, go to: talking-matters.com

What's your top happiness secret?

Never lose sight of yourself. While we can become subsumed in our partner, work or family, it's so important to nurture the relationship with oneself. Checking in and asking yourself "What do I need to feel whole?" can make a major difference to your day and your outlook on life. Personally, I find a walk, or time on a yoga mat is a great way to reconnect. Second to that is to stop and appreciate all that is good in your life. To be grateful and to cherish the smallest of moments—a child's laugh or a genuine hug—anchors you to the present and allows you to live in the here and now.

What is it that drives you to go to work each day?

Easily the most satisfying part of my job is helping people discover how to best live their lives with purpose and passion. Sometimes people will come to me feeling quite disconsolate and powerless—when they leave, while their circumstances may not have changed, their attitude has. They feel empowered and hopeful, resolving to make changes in their lives. Watching people grow and learn is nothing short of exhilarating.

PREVENTION'S TEAM OF ADVISERS

GENERAL HEALTH

Dr Penny Caldicott, founding GP of Invitation to Health, an integrative medical centre in New South Wales
Associate Professor David Colquhoun, integrative cardiologist at Wesley Medical Centre and Greenslopes Private Hospital in Brisbane
Fiona Cosgrove, wellness coach, trainer and CEO of Wellness Coaching Australia
Dr Joe Kosterich, GP, health-industry consultant, author and motivational speaker

Dr Vicki Kotsirilos

holistic GP and founding past president of the Australasian Integrative Medicine Association
Dr Geraldine Moses, consultant clinical pharmacist at Mater Health Services, Brisbane, and visiting lecturer at The University of Queensland and Queensland University of Technology
Dr Stephen Shumack, dermatologist at Sydney's Royal North Shore Hospital and the Skin & Cancer Foundation Australia

WOMEN'S HEALTH

Associate Professor John Eden, reproductive endocrinologist at The University of New South Wales and director of the Barbara Gross Research Unit and the Sydney Menopause Centre at the Royal Hospital for Women
COMPLEMENTARY MEDICINE
Emily Bradley, naturopath and lecturer at Melbourne's Southern School of Natural Therapies and the Endeavour College of Natural Health
Marc Cohen, PhD, professor

of complementary medicine at Melbourne's RMIT University

FITNESS & EXERCISE

Donna Aston, health and fitness expert, specialising in nutrition, exercise prescription and emotional intelligence
Professor Kylie Ball, PhD, expert in nutrition, obesity and physical activity, at the School of Exercise and Nutrition Sciences, Deakin University, Victoria
Lisa Champion, exercise specialist and a director of the Australian Fitness Network

FOOD & NUTRITION

Geraldine Georgeou, accredited dietitian and director of Designer Diets
Sue Radd, accredited dietitian, director of Sydney's Nutrition and Wellbeing Clinic
PSYCHOLOGY & BRAIN HEALTH
Nicola Gates, psychologist and neuropsychologist specialising in positive ageing, principal of Brain and Mind Psychology
Paula Robinson, psychologist, managing director at the Positive

Psychology Institute and mental-fitness expert
Marie Rowland, director and consulting psychotherapist at Talking-Matters in Sydney, specialising in women's issues and couples' counselling
Tim Sharp, PhD, clinical and coaching psychologist, founder and CHO (Chief Happiness Officer) of The Happiness Institute
Gordon Spence, PhD, psychologist, expert in performance and motivation, and lecturer at the Australian Institute of Business Wellbeing

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