



aboutmichelle

“I’m a GP with a focus on holistic medicine, nutrition, stress management and personal development. My practice integrates western medical wisdom with the treatments and philosophies of complementary medicine. I practice a medicine that incorporates mental, physical, spiritual and emotional health management with the aim to create optimal wellbeing and vitality.”

Dr Michelle Woolhouse MBBS, FRACGP, Dip Hypnotherapy, Dip Acupuncture graduated from Monash University (Victoria, Australia) in 1996 and is a Fellow of the Royal Australian College of General Practitioners.

Michelle has postgraduate qualifications in Nutritional and Environmental Medicine, Hypnotherapy and Traditional Vietnamese Acupuncture. These, along with studies in Yoga, Meditation and Buddhist Psychotherapy (India) and Harmonic Sound Therapy (Norway), are the constituent elements of Michelle’s holistic practice of medicine.

Michelle conducts her practice in a relaxed natural way; her patients are invited into their treatment. She considers the totality of a person’s life, their diet, the environment and their stresses. She aims to provide each person with an appropriate and individual program so that they can return to their desired state of health. She does this by using a combination of diet, exercise, stress management, medicines, nutrients and counseling. Acupuncture and hypnotherapy are used where necessary.

Her knowledge is blended to provide comprehensive and objective advice.

modeofconsultation

“ Holistic medicine is sustainable medicine and therefore is the medicine of the future.”

In your first 1 hour appointment Michelle make enquiries into your health and life story up to the present moment. She will then evaluate your diet, stresses, symptoms and how they are affecting you. The way your health is impacted upon by your relationships, work and environment may also be appraised.

A full physical examination is usually done on the first consultation. If required, tests are arranged. You’ll be provided with information and an individually tailored management plan involving treatment and/or behavioural changes that are realistic and effective.

Follow-up appointments range from 30-45 minutes, depending upon your needs.

phone for appointment

Peninsula Holistic General Practice

Suite 6, 1533 Point Nepean Rd

Rosebud West

VIC 3940

tel +61 3 5986 4229
email reception@peninsulaholistic.com.au
web www.peninsulaholistic.com.au

tues 8am - 5pm
wed 8am - 12.30pm
thurs 8am - 5pm



areasofinterest

why women's health?

Because increasingly over the last 50 years women are experiencing higher rates of chronic disease such as breast cancer, infertility, menopausal problems, PMT, irritable bowel disease, anxiety/depression and joint disorders.

Because historically women have a large role to play in the health of the family and the community. Michelle sees that supporting women and their health holistically holds value for all of us, as well as for women themselves. It's worth noting the undeniable: improved women's health has a positive domino effect on the wider community and the environment because most women care for more lives than just their own: children, spouses, the elderly, colleagues and friends.

Because women's health is a Big Picture issue.

why mental health?

Because life is getting faster. Work hours are becoming progressively longer. Divorce rates are at their highest ever and we have less leisure time than ever before.

Because stress and depression are now in epidemic proportions. The World Health Organisation (WHO) states that stress is directly or indirectly related to 80% of illnesses found in the developed world.

Because nutritional excesses and deficiencies are becoming more common and more severe due to our changing diets and our toxic environments. Many people don't make the connection that this can have significant impact upon behaviour and emotional health in both adults and children. Treating these issues along with managing stress has profound implications in healing mental illness.

Because depression has risen tenfold since the 1960's and anxiety has become accepted as a normal part of life. Depression, anxiety and stress respond extremely well to a holistic medical approach.

why chronic illness?

Because chronic illness has become a major problem for the developed world. We are living longer but are we living better?

Because it seems that there are few people making it to old age without suffering from some type of chronic ailment. Nutritional and herbal medicine along with a healthy lifestyle can make such radical differences to the progress and healing of these diseases.

Because we now know that some people have been able to reverse heart disease with a combination of a highly nutritious diet, exercise, relaxation training and group support. Chronic fatigue syndrome, irritable bowel disease, fibromyalgia, chronic arthritis, autoimmune diseases, and diabetes to name a few, respond remarkably well to holistic and complementary medicine.

Because I love helping people see realistic new pathways back to a healthier life.



keynotespeeches

“Vitality is one of the most prized attributes of any employee, yet it’s becoming more precious and rare. Ill health is affecting employers all over the country with absenteeism and retention difficulties. The economic impact of stress is a major issue for contemporary business. More importantly, people are struggling. Fatigue, stress, depression and chronic ill health are impacting on personal productivity, happiness and family relationships.”

A credible message is always the most formidable.

Dr Woolhouse is available to speak at your conference, seminar, business, department or school about holistic health on topics like: physical health, mental health, the emotions and the spirit, from the facts to the theories. Using her wisdom and techniques; you can be assured to receive an outstanding presentation that surpasses all expectations.

All keynotes, seminars and workshops are tailored to the audience requirements and conference themes.

workshopsandseminars

“You can’t regain health without motivation. Therefore it’s evermore important to regain motivation and inspiration for change and self-empowerment. I draw on the traditions and lessons of both east and west and strive to be limited by neither.”

Dr Woolhouse conducts relaxation, optimal health, meditation and stress management programs for individuals and groups.

She has given workshops to many kinds of businesses from multinationals to government departments on a broad range of holistic health topics including the headings: Women’s and Men’s Health, Preventing Disease, Longevity, Personal Change, Stress Management and Mind-Body Medicine.

All keynotes, seminars and workshops are tailored to the audience requirements and conference themes.



appearances

Positive Health and Preventing Disease

On-going seminar series for the Department of Innovation, Industry and Regional Development (DIIRD), Melbourne, 2006-2007

A Complementary Approach to Migraine Treatment

Keynote lecture for the Australasian College of Nutritional and Environmental Medicine (ACNEM), Melbourne, 2007

Secret Women's Business

Positive health seminar series for Honda, RACV, IAG insurance, DIIRD & Dept. of Immigration, Melbourne, 2005-2006

The Power of a Happy Heart

Keynote speech for The Gawler Foundation annual conference, Melbourne, 2006

Intelligent Living: a guide to a happier and more fulfilling life

Workshop for Momentum Management's Women in Dentistry Symposium, Melbourne, 2006

The Life Enhancing Power of Happiness

Keynote speech for International Conference on Longevity and Healthy Ageing, Melbourne, 2006

The Science Behind the Art of Healing

Keynote speech for Melbourne Natural Medicine Expo, Melbourne, 2005

This is Your Moment to Live

Keynote speech for Women's Business Breakfast, Melbourne, 2004

Wholistic Approach to Women's Health

Keynote speech for ACNEM public forum, Melbourne, 2003

From Solo to Soul: a guide to help people see, respect and deal with depression and anxiety

Seminar for RACV & IAG Insurance, Melbourne, 2006

Life, the Brain and its Chemistry

Keynote speech for Nutrition Care Pharmaceuticals, Melbourne, 2000

Healing with Sound and Rhythm

Workshop for Australasian Integrative Medicine Association (AIMA) annual conference, Coffs Harbour, 2004 & The Gawler Foundation annual conference, Melbourne, 2005

A Guide to Health and Vitality: a prescription for a stress-free life

Seminar and workshop series for Transurban Citylink, Melbourne, 2000, 2004 & 2005

Sound Meditation

Workshop for AIMA annual conference, Coffs Harbour, 2004 & Noosa, 2005

Cultivating Forgiveness and Compassion by Tapping into the Heart's Intelligence

Workshop for The Gawler Foundation annual conference titled 'Profound Healing and Sustainable Wellbeing', Melbourne, 2006



published

“Men’s Health: we tell it to you straight”

Zack Magazine, Dec, 2005

“Hypertension: take the pressure down”

Zack Magazine, Sept, 2005

“Evidence Based Complementary Medicine for Mother & Baby”

Australian Family Physician (AFP), Sept, 2006

“Evidence Based Complementary Medicine for Depression and Schizophrenia”

AFP, March, 2007

“Migraine and Tension Headache: a complementary and alternative medical approach”

AFP, Aug, 2005

“Hitting Migraine on the Head”

Zack Magazine, Aug, 2005

“Move it or Lose it: a guide to treating arthritis”

Zack Magazine (accepted, waiting publication)

“The Powerful Effects of a Good Belly Laugh”

Medweb, 1998

“Evidence Based Complementary Medicine to Add to Your Mental Health Care Compendium”

AFP, Jan, 2007 (accepted, waiting publication)

contact

michelle’s speaking availability

Email Michelle & she’ll return your contact immediately to schedule an appointment. Together you can decide how her skills can best assist your business or organisation. reception@peninsulaholistic.com.au

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