



Liza Twohill



In 1993, Liza went with her intuition, naivety and belief that complementary health would one day be part of mainstream healthcare and began her Naturopathic studies. Her aim from the beginning was to understand the role, efficacy and implementation of complementary healthcare in the health sector today. Her 5 year, self-funded studies provided her with a framework and qualifications that have enabled Liza to provide safe and effective treatment for her patients. It has not been an easy journey, but certainly one of no regrets. Complementary health has come a long way and Liza is now experiencing the benefits of working alongside doctors and other health professionals and providing effective treatment to her patients.

Liza is no stranger to health and healing. Liza was born into a very large, extended farming family on the far north coast of NSW. Her natural affinity to helping and the ability to understand the needs of others has provided her with a great foundation for her future career.

She was first exposed to complementary medicine as a toddler; her family embarked on a journey using both western medicine and naturopathic medicine to assist her father with a life altering health problem.

Fortunately, this was a positive experience and provided a personal insight into how both medicines can work together and effectively resolve chronic health problems. The legacy of this experience confirmed the importance of a healthy diet, a balanced lifestyle and the innate ability of the human body to heal itself if given the right environment. At the time, Liza was not aware that this experience was different or significant until she entered the workforce and realized the lack of importance in healthy eating, nutrition and lifestyle in our health sector.

Liza has a passion for learning and is committed to evidence based treatments. She is a tertiary educated professional and attends international conferences throughout the year. Liza is among a growing body of health professionals determined to understand the complex web of chronic health problems and work together to bring a more patient focused, individualized and self empowering approach to medicine.

Having worked in the health sector since 1995, Liza brings a wealth of knowledge, understanding and practicality to her patients. She is known for her determination to 'get to the bottom of a problem' and is clear about her role to empower, educate and facilitate each person through their health journey.

Specific Post Grad Training

2011

Liza became a [GAPs](#) practitioner. She was one of the first 40 practitioners selected in Australia to be trained in the GAPs protocol for the treatment of neurological and chronic digestive disorders. Liza had been following the principals of GAPs eating for her patients prior to her training with [Dr Campbell-McBride](#). She holds this experience and training as one of her highlights of her career and the importance of the [Simple carbohydrate Diet \(SCD\)](#) in the recovery of severe health problems.



2010

[ACNEM](#) is Australia's leading nutritional and environmental college for general practitioners and allied health professionals. In 2010 Liza undertook the Primary Course in Nutrition and Environmental Medicine (NEM) and provided her with the latest evidence based NEM and their ongoing support.

2010

Liza was fortunate to meet and be trained by the eminent [Dr Sam Queen](#) and [Dr Eric Davis](#) in Free Radical Training. This looked at cell theory and the six fundamental controls of homeostasis to which the human body adheres. This provided Liza with a deeper level on understanding of the role functional medicine has in chronic health conditions, heavy metal toxicity, detoxification and natural chelation.

2006

Australian College of Holistic Medicine. Liza attended the highly sort after [Dr Melvyn Sydney-Smith](#) Clinical workshop in "Nutrient Medicine in Health and Disease". This intensive workshop was one of those 'light bulb' moments, which provided clear evidence of the role and positive impact [functional medicine](#) can have on today's growing health problems.

2006 & 2007

International Summit for Mental Health. These conferences provided the [biomedical approach](#) to mental health under the guidance of Dr Bill Walsh from the [Pfeiffer Medical Institute](#).

2001 & 2003

Motherhood. Along with her husband, Liza entered the hardest, most rewarding and adventure filled course of her life, parenthood. This ongoing course of study continues to challenge them both, particularly as they begin to enter the Masters degree in 'raising teenage boys'..... (watch this space)

Memberships

Australian Traditional Medicine Society (ATMS 8800)
National Herbal Association of Australia (NHAA)
MINDD Foundation
Australian College of Nutritional and Environmental Medicine (ACNEM)

Qualifications

2010	Primary Course of Nutritional & Environmental Medicine ACNEM Sydney	
2010	Alumni Meeting of FRT – "Six Homeostatic Controls and The Cell Theory" The Institute of Health Realities	
2009	AFT certificate	Dr James Walker, Sydney
2008	NAET certificate	Sydney
2008	Touch for Health I,II,III, IV	Sydney
2006	Nutrition in Health & Disease – Dr Mel Sydney-Smith, Gold Coast	
2001	Bachelor of Health Science – Com. Med.	Charles Sturt University
1998	Advanced Diploma Naturopathy	Australasian College of Natural Therapies
1998	Advanced Diploma Nutrition	Australasian College of Natural Therapies
1998	Advanced Diploma Herbal Medicine	Australasian College of Natural Therapies
1998	Advanced Diploma Homoeopathy	Australasian College of Natural Therapies
1989	Diploma of Applied Science – Recreation	University of NSW



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Conferences

2013 International Congress of Natural Medicine	Melbourne
2013 MIndd International Forum	Sydney
2012 International Congress of Natural Medicine	Gold Coast
2011 Nutrition in Medicine	Sydney
2010 International Congress of Natural Medicine	Sydney
2009 International Congress of Natural Medicine	Gold Coast
2007 International Summit for Mental Health.	Gold Coast
2006 MIndd International Forum	Sydney
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