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COMES BY



DEGREES



ENDEAVOUR
COLLEGE OF NATURAL HEALTH



BACHELOR OF HEALTH SCIENCE (NATUROPATHY / NUTRITIONAL MEDICINE) NATUROPATH / NUTRITIONIST / BUSINESS OWNER / TRAINER / ADVOCATE



Building biology is Kate McCandless' latest avenue of study. Determined to keep extending her naturopathic care, she is investigating how to incorporate the element of environment – where we live and work – into her comprehensive assessment of a client's health.

In five years, Kate moved from pharmaceutical sales and training representative to naturopath to business owner, founding her own integrated medical practice, Merge Health. "I will definitely be in a holistic health career forever," says Kate.

"The benefit of training in this industry is that there are so many avenues you can take – it's a great foundation to do many things. I came from a home-based business culture and knew that I wanted to help people get well and build a sustainable business. I always saw these as complementary goals."

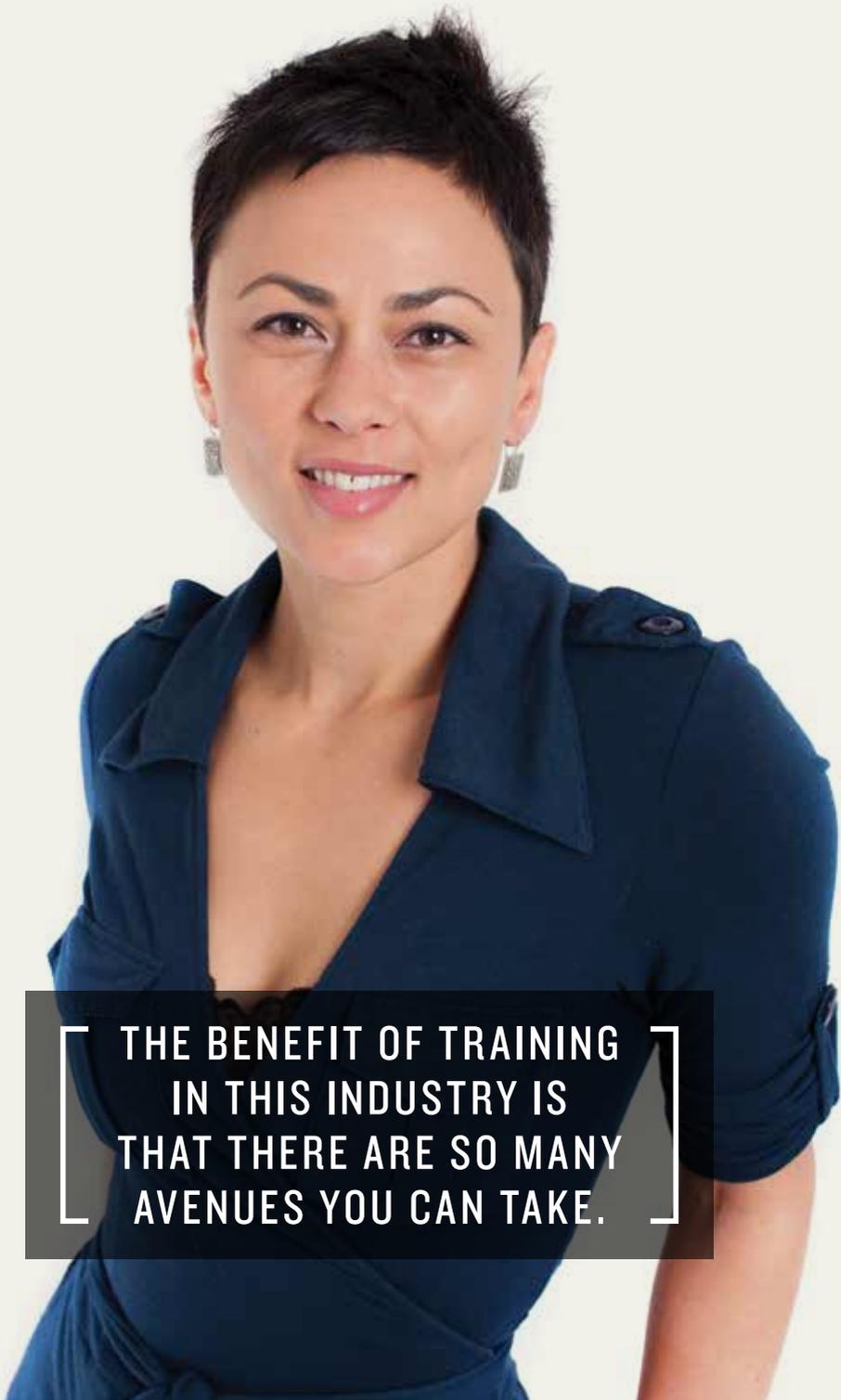
Kate firmly believes there is still so much to achieve and so many people to help.

"People need to be heard, they need to know someone cares about their health outcomes. New clients often say to me, 'no one has ever taken so much time to get to know me.'"

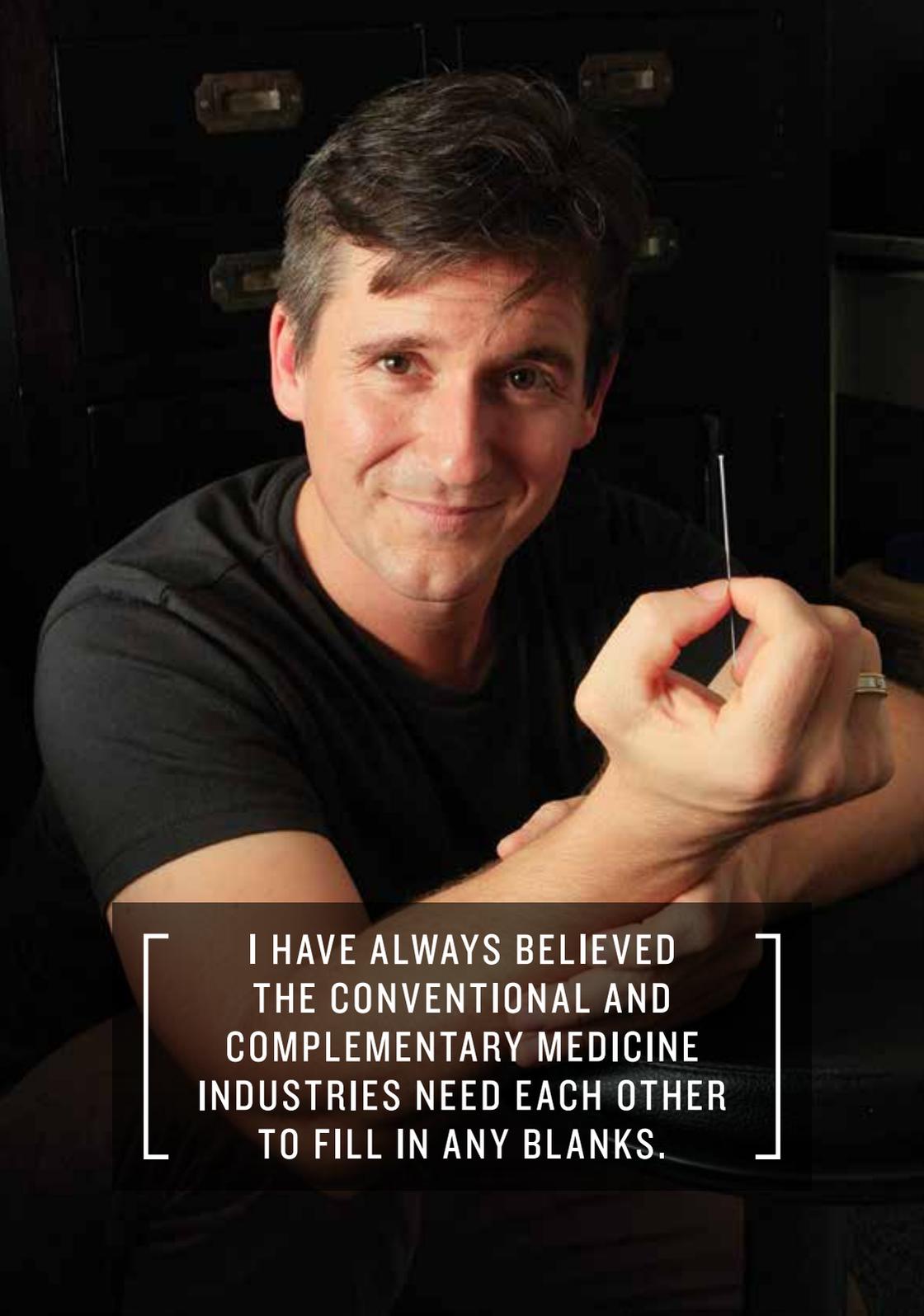
By growing her practice Kate hopes to help more clients, but also encourage other natural health practitioners to extend their skills.

"Working in this industry, I can see there are not enough practitioners doing this work. More people need help and our role is just as crucial as the medical profession in providing health care," Kate says.





**THE BENEFIT OF TRAINING
IN THIS INDUSTRY IS
THAT THERE ARE SO MANY
AVENUES YOU CAN TAKE.**

A man with short, dark hair and a slight smile is looking directly at the camera. He is wearing a black t-shirt and has a silver ring on his left hand. He is holding a pen in his left hand, which is raised towards his face. The background is dark, with several metal lockers visible, suggesting a locker room or a similar setting. The lighting is focused on the man, creating a soft glow on his face and hands.

**I HAVE ALWAYS BELIEVED
THE CONVENTIONAL AND
COMPLEMENTARY MEDICINE
INDUSTRIES NEED EACH OTHER
TO FILL IN ANY BLANKS.**



BACHELOR OF HEALTH SCIENCE (ACUPUNCTURE)

ACUPUNCTURIST / KARATE CHAMPION / GO2 HUMAN PERFORMANCE OWNER

The marriage of complementary and conventional medicine may perplex some people but one karate champion is fighting for its union. Acupuncturist Rod Martin has an unwavering commitment to karate and its life principles, but an equally strong drive to being an integral part of the broader medical community.

Rod's practice, Go2 Human Performance, offers acupuncture, physiotherapy, naturopathy, psychology, psychiatry, exercise physiology, GPs, beauty therapy and remedial massage within the same practice. He has earned the loyalty of some of Brisbane's top CEOs and elite athletes, including key members of the Brisbane

Broncos and Queensland Reds, together with a growing network of doctors and fitness professionals who refer their clients to his clinics.

"I have always believed the conventional and complementary medicine industries need each other to fill in any blanks. When the two disciplines work effectively together, it is our patients who benefit," he says.

"My next move is to replicate the internship process popular in the medical profession. By opening up my clinics to train complementary health graduates in client management and business skills I can help them hit the ground running."





BACHELOR OF HEALTH SCIENCE (NUTRITIONAL MEDICINE)
AUTHOR / NUTRITIONIST / MEDIA PERSONALITY /
LEADING HEALTH AND WELLNESS FIGURE



The road to a stellar media career isn't an easy one, as Lola Berry knows. She worked three jobs to buy a video camera to get her dream off the ground. Armed with new equipment she made the daily trek to local banana and macadamia plantations and filmed herself talking about good food. Lola quickly built a YouTube following based on her unique message and quirky style, and the rest is history.

She now shares her good food message across the globe. Her third successful book *The 20/20 Diet Cookbook* includes 100 of her paleo-inspired recipes, which helped her lose 20 kilograms in 20 weeks.

"In an earlier life I worked as a fashion stylist, makeup artist and DJ and fell into an unhealthy lifestyle. I tried a detox

which left me healthy with glowing skin. It left me hungry to learn everything I could about nutrition and to share that knowledge," she says.

Her degree in nutritional medicine and her ability to connect with people has Lola striving forward. Her media star continues to rise and she is now an ambassador for the not for profit 'modern meditation' program, *The Smiling Mind*.

"I want to remind people that it is so important to choose to put your health first. When this happens, watch how your world shines."





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ABOUT NUTRITION AND TO
SHARE THAT KNOWLEDGE.



ONE OF THE BEST THINGS ABOUT
THE NATURAL MEDICINE INDUSTRY
IS THAT THE OPPORTUNITIES ARE
SO VARIED AND LIMITLESS.



BACHELOR OF HEALTH SCIENCE (NATUROPATHY)
NATUROPATH / CLINIC OWNER / SUM T FOUNDER /
CORPORATE HEALTH CONSULTANT



Tanka is an organic drinks range that helps Australians work nutrition easily into their daily routine. Their challenge was how to pack the drinks with ingredients that have a medicinal benefit but that also taste great. The recipe for success came from naturopathy graduate and self-professed herb-nerd, Reece Carter.

“My focus was to make the drinks nutritionally sound. With total licence to go crazy with my herb ingredients I incorporated elements of herbal medicine into the Tanka drinks wherever I could – such as dandelion greens for liver health and turmeric for its anti-inflammatory benefits,” he says.

“It was great to reach the point that the range was one I could confidently recommend to my clients.”

The connections Reece made at Endeavour College led him to Tanka and this collaboration is only one part of his fulfilling life.

“One of the best things about the natural medicine industry is that the opportunities are so varied and limitless,” he says.

Since graduating Reece has released a herbal tea range called Sum T. He practises naturopathy in Melbourne, is a regular blog contributor, corporate health consultant, workshop and TV presenter.





BACHELOR OF HEALTH SCIENCE (NATUROPATHY) NATUROPATH / CREATOR OF LOVE TEA™



To create certified 'organic' tea the ingredients are grown naturally – at every stage of the production and all the way from plantation to your cup. It is a mission to achieve this and a fair trade standard but Emma Watson can testify it is worth the work.

Emma was in her second year of naturopathy studies when she became consumed by the idea of making her own herbal teas. When Emma crossed paths with her future business partner and now husband Damien Amos, all she could talk about (over a cup of tea of course) was her hope of creating a tea line based on the health principles she was learning at college. Damien enrolled in the course and joined in on the adventure.

"Our vision is to give tea drinkers the opportunity to improve their health and take care of any areas of weakness, focusing more on prevention rather than cure," she says.

Since graduating from Endeavour College they have built a range of 50 organic, fair trade tea blends, secured more than 250 stockists around the country and created a thriving online business for their naturopathic range.

"In the past year we have launched a new range of teas and a range of pyramid tea bags, employed more staff, moved warehouse, and the number of stores we supply has almost doubled... and baby number two is on the way! I'm currently full time in Love Tea but looking forward to having the time to practise again soon."





**[OUR VISION IS TO GIVE TEA
DRINKERS THE OPPORTUNITY
TO IMPROVE THEIR HEALTH.]**



YOU CAN'T BEAT THE OPPORTUNITY
TO LEARN ALONGSIDE OTHER
PROFESSIONALS AND SEE HOW
THEY WORK WITH PATIENTS.



BACHELOR OF HEALTH SCIENCE (MUSCULOSKELETAL THERAPY) MYOTHERAPIST / SPORTS ENTHUSIAST



Holistic hands-on learning was the decider for Matt Kos when he chose Musculoskeletal Therapy as his career. Now established with his own clinic, Move Free MST, Matt is a man of action.

“Although important, there’s only so much you can learn from a textbook. It was great to gain real clinical experience while studying at Endeavour. You can’t beat the opportunity to learn alongside other professionals and see how they work with patients,” Matt says.

“The semester I spent in the cardiothoracic ward at The Alfred Hospital allowed me to learn so much from the head physios and doctors. Plus I worked at the Richmond Football Club and as a trainer for my local club while studying. You see some crazy stuff at footy.”

After graduating Matt continued to learn from others, working at sports medicine and physiotherapy clinics, but he always had the desire to start his own business.

“I started out juggling part-time work, practising and setting up my own clinic. I made the most of opportunities to expand my skills – like treating the Under 23 NSW Men’s Netball team at the national championships.”

Matt says his own experience playing football, basketball and bush running helps him connect with his clients. “I understand injuries from a player’s perspective. I can relate to their pain and what they have to go through to rehabilitate. It’s also a good talking point with clients.”

But the best part of the job, according to Matt, is when you see someone walk out of the clinic pain-free.

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Endeavour College of Natural Health formerly Australian College of Natural Medicine was established in 1975. We are committed to the future and success of Natural Health both in Australia and internationally. Providing the highest standard of education, the most informed curriculum and constant expansion, Endeavour College of Natural Health is now Australia's pre-eminent provider of education to the Natural Health sector.

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