



Workshop Information:

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HEIDI EAST

As a Naturopath, Heidi East has been integrating fermented food and traditional ways of preparing them both in her practice and her own lifestyle for many years.

Heidi worked at Pymble Grove health Centre for six years where she specialised in women's health, fertility management, children's health and digestive disorders. When she left to start a family, she was able to put her knowledge and wisdom into practical use on a daily basis as well as building her knowledge through further education.

Heidi's passion lies in her focussed purpose to make a difference in her clients' lives. She achieves this by supporting them to gain optimal health which leads to the fulfilment of their potential and happiness.

Heidi's Qualifications:

Bachelor of Health Science (Natural Medicine) (Charles Sturt University)
Advanced Diploma Naturopathy (Nature Care College, Sydney)
Diploma of Nutrition (Nature Care College, Sydney)
Diploma of Remedial Massage (Nature Care College, Sydney)
Fertility Management Workshop (Francesca Naish)
Pregnancy Workshop (Jane Hardwick Collings)
Body Ecology Diet Workshop (Donna Gates)

To contact Heidi for information on Fermented Food Workshops, please contact **workshops@nourish-ed.com**