



Dubbo - Online

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## Ms Liza Twohill

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### Current Position

Director and Naturopathic Clinician at Liza Twohill Holistic Health Pty Ltd

### Academic Qualifications

1988 -1990 Assoc Dip of Applied Science – Recreation; University of NSW  
1993 -1997 ND, DipHM, DipHom, Dip RM; Australasian College of Natural Therapies (ACNT)  
1999-2000 Bachelor Health Science – Comp Med; Charles Sturt University

### Continuing Education and Training

International Congress on Natural Medicine 1999 -2023  
Nutritional Medicine in Health and Disease, Prof Mel Sydney-Smith 2006  
International Hormone Conference 2006  
International Summit for Mental Health 2006 -2007  
Integrative Cancer Conference 2008  
GAPS Practitioner Training. Dr Natasha Campbell-McBride Brisbane 2010  
Australasian College of Nutritional and Environmental Medicine (ACNEM) – Primary Course 2010  
MTHFR Support Australian – Conference 2017  
Healthmasters Live – Unbiased Postgraduate Education annual subscription 2019 - present  
Wellness Leadership Academy – Online Business Coaching 2019 -2020  
The Natural Gastrointestinal Masterclass Health Masters Live Dr Jason Hawrelak 2020  
BioMedica Oncology Summit 2021  
BioMedica Mental Health Summit 2022  
Navigating Neural Networks, Integria Symposium 2022  
SIBO Masterclass Health Masters Live Nirala Jacobi 2023  
Integria Practitioner Symposium Oncology 2023  
BioMedica ADHD seminar 2023  
Tammy Guest – Maverick Business coaching for Naturopaths Sept – Dec 2023

### Membership of Professional or Other Organisations

1994 – 2023 Fellow of Australian Traditional Medicine Society (ATMS) 8800  
2010 – 2023 Australasian College Nutritional & Environmental Medicine (ACNEM)  
2020 – 2023 Australasian Integrative Medicine Association (AIMA)  
2020 Australasian Society of Lifestyle Medicine (ASLM)  
2022 – 2023 Dubbo Chamber of Commerce  
2022 Practitioner Research and Collaboration Initiative (PRACI)  
2023 National Centre for Naturopathic Medicine – Course Advisory Committee Member  
2023 – present Women in Business Member

## **About / Employment History**

### 2004 - Present

Liza is a highly skilled and experienced Naturopathic clinician with more than 24 years in clinical practice. She is a business owner, educator, mentor and is involved in research.

Liza specialises in burn-out and the impact chronic stress has on health outcomes. Most of her patients present with fatigue, anxiety, depression, food sensitivities and complex health issues. Liza has a high level of clinical knowledge, experience, and expertise in the practical elements of patient care, the application of pathology, food as medicine and lifestyle medicine. Liza is skilled in a wide range of health conditions, treating newborn babies to the frail aged.

Liza has worked in regional and remote health practices since 2004 both as a sole practitioner and in a multidisciplinary medical practice. Her passion is in grassroots evidence based complementary medicine and her focus is to empower, educate and assist healing for her patients. Her aim is to work collaboratively with fellow medical and allied health practitioners within the primary healthcare sector.

Food as medicine, lifestyle medicine and wholefood cooking classes are part of the services Liza offers to her patients. In 2019, these wholefood workshops and lifestyle programs are offered online through her website. Liza has also delivered numerous workshops, online webinars and public talks on Complementary Medicine.

In 2018, Liza became involved in N-of-1 Practitioner Training and was involved N-of-1 trial as a practitioner collecting data during a five-month trial. After the trial, Liza furthered her involvement by being included and mentored by the research team in evaluating the results and participated in co-authoring. Liza has continued to be involved in practice based research.

Liza has provided clinical supervision for numerous students over the years. This supervision ranges from 10-25 hrs clinical observation to more in-depth case studies and extensive clinical hours. She has a passion for education and assisting students develop much needed clinical experience.

### 1999 – 2003

Naturopath, massage therapist, Chrystal Lodge Health Retreat, Katoomba NSW

### 1998 – 2001

Naturopathic Technical Support, Lifespan Healthcare, Castlehill Sydney

Instore Naturopath, Mr Vitamins Chatswood NSW

### 1993 – 1998

Fulltime Student

Disability Support Worker – part time Homecare, Sydney NSW

### 1990 - 1993

Community Worker, Access Incorporated Stones Corner, Brisbane Qld

## Experience / Skills

1998 – Present	Naturopathic Clinician
2000 – Present	Business Owner
2005 – Present	<p>Education and Training Delivery</p> <ul style="list-style-type: none"> <li>• Whole food education for gyms and community groups</li> <li>• CAM for 0-5year olds. Training for Community Health Educators, NSW Health, 2022</li> <li>• Cough, Wheeze &amp; Sneeze. Community education for parents</li> <li>• Pathology in Clinical Practice. ATMS Webinar for Naturopaths 2021</li> <li>• Rest and Repair ATMS Webinar 2023</li> <li>• Ambassador and Fellow of ATMS 2023</li> <li>• Best Practice. Webinar for Vital-ly 2023</li> </ul>
2008 – Present	<p>Student Supervision</p> <ul style="list-style-type: none"> <li>• Provided supervision for students from various colleges and universities - Australasian College of Natural Therapies (ACNT) Endeavour Nature Care Torren University Southern Cross University</li> </ul>
2020 – Present	<p>Online Lifestyle Program and Wholefood Workshops</p> <ul style="list-style-type: none"> <li>• Navigating Burnout – 12 week intensive lifestyle program to address the negative impacts of chronic stress</li> <li>• Eat Well Thrive Well Program</li> <li>• 14 Day Cleanse and Reboot</li> <li>• Optimal Weight &amp; Fat Loss</li> <li>• Gut Health &amp; Bone Broth</li> <li>• Breakfast for Busy People</li> <li>• Celebration Food</li> <li>• Snack a&amp; Treats</li> <li>• Meal Planning</li> </ul>
2018 – Present	Research Practitioner and co-author.
2018 – 2022	<p><u>N-of-1 Trial</u> Southern Cross University and ATMS A novel nutrient intervention of probiotics, glutamine and fish oil in psychological distress: a concurrent multiple baseline design</p> <ul style="list-style-type: none"> <li>• Liza was recruited as a practitioner for this practice-based research to collect data, meet with the participants in the trial each month for five months and to exchange intervention.</li> <li>• At the completion of the trial Liza was offered the opportunity to be involved with the research team in evaluating the results, literature reviews and co-authoring.</li> </ul>

### Publications

Scientist practitioner in complementary medicine practice: A case study in an N-of-1 trial S Grace, J Bradbury, R Lakeman, R Craig, S Morgan-Basnett, L Twohill Complementary Therapies in Clinical Practice. 2022

A novel nutrient intervention of probiotics, glutamine and fish oil in psychological distress: A concurrent multiple baseline design S Grace, J Bradbury, R Lakeman, R Craig, L Twohill, S Morgan-Basnett. Journal of Integrative and Complementary Medicine. 2023

2022 – present

Practitioner Research and Collaboration Initiative (PRACI ) I am registered with PRACI to support as a naturopathic clinician in trials.

2022 – present

Burnout Pilot Study (to be finalised) Southern Cross University Nutritional and Herbal Medicine to support emotional exhaustion during burnout.

- Liza has been involved as a practitioner for this practice-based research. The university researchers were wanting feedback on current health issues that reflect a Naturopathic practice. This research proposal is still continuing.

2023 – present

Slimherb Clinical Trial Southern Cross University

- Liza has been recruited as a practitioner/ service provider for this trial.

2023 – present

Integria – Member of the Research Clinicians Program

2023 - 2024

Adjunct Fellow in the National Centre for Naturopathic Medicine and Southern Cross University. Course Advisory Committee (Naturopathic Medicine).