

Biography



The Real You
Health & Nutrition

Michael is an Accredited Practising Dietitian (APD) with a Bachelor of Biomedicine from the University of Melbourne and Masters of Dietetic Practice from La Trobe University.

Michael loves to empower others with the tools they need to focus on their health and nutrition. His key areas of interest are Weight loss and Diabetes but he is always willing to help individuals make a positive impact on their health.

Michael's passion for health and nutrition was sparked by his own weight loss journey, having gone from 130 kg to 65 kg over the space of a few years. He encourages individuals to take control of their lives and does his best to facilitate them to do so.

Michael is enthusiastic, passionate and has a deep desire to help others. He follows a holistic approach to health and incorporates all aspects of a person's life in to his practice.

