



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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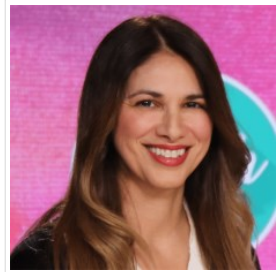
**Dr. Daniel Lanzer**  
Dermatologic and Cosmetic Surgeon



**Dr. Alex Polyakov**  
Obstetrician-Gynaecologist & IVF Specialist



**Dr. Chantel Thornton**  
Breast Cancer Surgeon



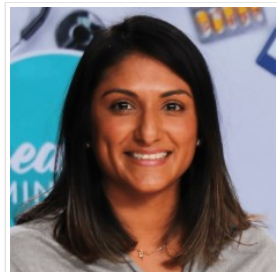
**Dr. Lillian Nejad**  
Clinical Psychologist



**Dr. Lynn Burmeister**  
IVF & Fertility Specialist



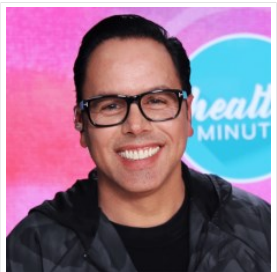
**Dr. Gino Pecoraro**  
Obstetrician-Gynaecologist



**Dr. Preeya Alexander**  
General Practitioner



**Dr. Shelly Rowlands**  
Obstetrician-Gynaecologist



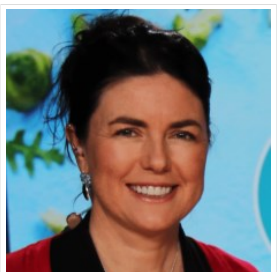
**Ricardo Riskalla**  
Personal Trainer



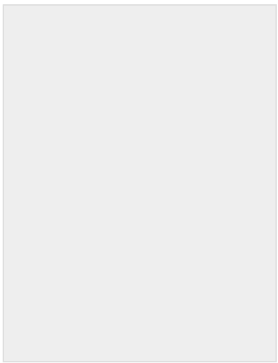
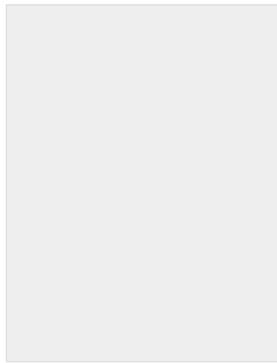
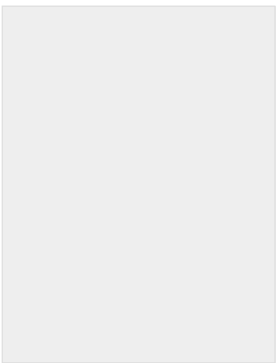
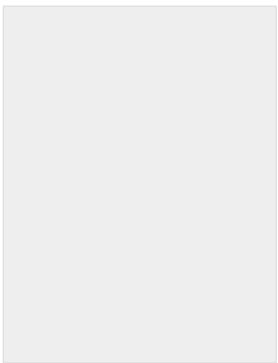
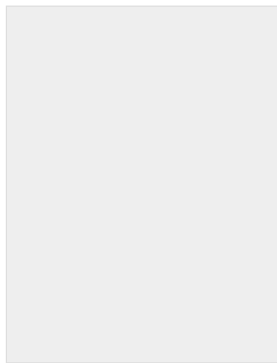
**Dr. Michael Wong**  
Neurosurgeon and Spinal Surgeon



**Megan Alsford**  
Amcal Pharmacy Dietician



**Martina Hughes**  
Relationship and Intimacy Consultant



**HEALTH**  
**Are high heels bad for your back?**

The perfect pair of 4-inch heels can make any outfit, but are high heels bad for your back? HealthMinute chats to Neurosurgeon and Spinal Surgeon, Dr. Michael Wong to bust myths and get the facts ...



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**Can exercise make back pain worse?**

An achy back makes it easy to blow off your workouts, however is exercising the best treatment for back pain? HealthMinute chats to Neurosurgeon and Spinal Surgeon, Dr. Michael Wong if exercising is the best for back pain.



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**What causes a muscle cramp?**

A muscle cramp is a sudden contraction of one or more of our muscles. Though generally harmless, cramps can cause excruciating pain temporarily making it impossible to use the affected muscle. HealthMinute chats to The ...

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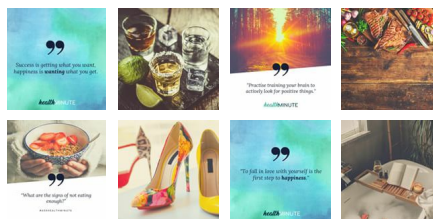
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