



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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NEWS

My amazing blog contributors

I love meeting and working with people who share my passion for health and wellbeing, that's why I feel so blessed to have such wonderful souls sharing their knowledge and making a difference on my blog.

Dr. Fabrizio Mancini



Dr. Fabrizio Mancini is a Wellness Expert, an International Speaker and a President Emeritus of Pumper University in Dallas, Texas. He is the best-selling author of The Power of Diet, Fitness and Feeling Great: Four Steps to Living a Healthier Life, and the author of Children Sleep for the Chiropractor Soul and The Well-Being of the Whole Family.

Connect with Dr. Mancini: Website: www.drmancini.com Facebook: Dr. Fabrizio Mancini Facebook Twitter: Dr. Fabrizio Mancini Twitter

Teagan Wallis



Teagan Wallis is a natural health practitioner specialising in Ayurvedic Medicine, Naturopathy, Holistic Nutrition & Herbal Medicine. Teagan combines the ancient wisdom of traditional mind/body medicine with the fruits of modern medical research.

Connect with Teagan: Website: www.teaganwallis.com Facebook: Teagan Wallis Health Practitioner Instagram: @teaganwallis

Danielle Rickwood



Danielle is a Certified Massage Therapist, Reiki Practitioner, Intuitive Counselor and a Certified Anusara Practitioner in The Anusara Technique of First Anusara® Therapy™. Danielle is also the first Australian based female instructor of the Anusara® Prenatal Yoga™.

Connect with Danielle: Website: www.danicarickwood.com Facebook: Danielle Rickwood Health Practitioner Instagram: @danicarickwood

Dr Jennifer Barham-Florenzi



Dr Jennifer Barham-Florenzi, Chiropractor and author of the Australian Best Seller "Well Adjusted Babies", is a published author on paediatric health and holistic parenting. Being a parent today can be incredibly challenging and Dr Jennifer Barham-Florenzi believes that holistic parenting does not happen by default, but rather that it requires both commitment and skill.

Connect with Dr Jen: Website: www.welladjustedmums.com Facebook: Well Adjusted Mums - Facebook Instagram: @welladjustedmums

Chef Kate McAloon



Chef Kate McAloon, Chef for the "Titan" and around, was born with a mission: to provide a natural and ethical dining experience with a focus on local, seasonal produce. Chef Kate is also a food writer and has inspired her dishes and recipes with travels around the world that bring joy to all who have a chance to try them.

Connect with Chef Kate: Website: www.chefkate.com Facebook: Chef Kate - Facebook Twitter: @chefkate Instagram: @chefkate

Lee Holmes



Lee Holmes is a mum on a mission. Supercharged and ready for action. Changing the way we eat and live. She believes that cooking, fresh, wholesome, nutritious meals is the best way to ensure your family is healthy and happy.

Connect with Lee: Website: www.superchargedfood.com Email: lee@superchargedfood.com Facebook: SuperChargedFood Facebook Twitter: @leesupercharged Blog: superchargedfood.com Instagram: @leesupercharged YouTube: Lee Holmes - YouTube

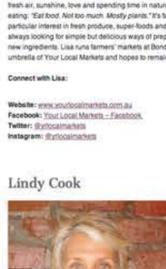
Renee Leonard-Stainton



As a qualified Naturopath, Nutritionist and Western Medical Herbalist, Renee is working with a growing list of clients around the world from her home country in the beautiful coastal town of Byron Bay, New South Wales, Middle East. Her international natural health career has spanned her time in Australia, the United States and she is now a sought after Naturopathic advisor for various established brands in both the retail food and health supplement sectors.

Connect with Renee: Website: www.reneenaturally.com Facebook: @reeneenaturally Facebook Twitter: @reeneenaturally Twitter Instagram: @reeneenaturally Instagram Contact: reeneenaturally@gmail.com

Natalie Southgate



Natalie is passionate about how dance, music and the creative can help people discover a deeper connection to their true selves, helping them find more balance in life. She founded ChakraDance in 1996 while working and studying in London.

Connect with Natalie: Website: www.chakraDance.com Facebook: Chakra Dance - Facebook YouTube: Chakra Dance - YouTube

Fabienne Costa



Fabienne is an Irish-Australian Pop/Rock musician, who is determined to show her music with the world. She became a creative, positive role model, and inspire people to believe in their own dreams.

Connect with Fabienne: Website: www.yourcourage.com Facebook: YourCourage Facebook Twitter: @yourcourage Twitter Instagram: @fabienne Instagram Contact: yourcourage@gmail.com

Rachel Cribbon



As a mum, I will always remember my mother being healthy and strong. "Throughout my childhood, Rachel is always smiling and radiating positive vibes. Since I was born, she has been with me through every stage of my life, from pregnancy to the birth of my child, and through every challenge I have faced.

Connect with Rachel: Website: www.rachelcribbon.com

Aaron Travers



Aaron Travers is co-founder of Boda Wellbeing, an integrative wellbeing program in Melbourne, Australia, that focuses on holistic health and rejuvenation programs and services, along with building its own range of fermented, organic food products.

Connect with Aaron: Website: www.boda.com.au

Lisa Martin



Lisa has always had an interest in food and nutrition, mistakenly believing for too many years that dieting and high-protein, low-carb diets were the way to stay fit and that being healthy was the only way to live a better life.

Connect with Lisa: Website: www.youdoalotmore.com.au Facebook: You Do A Lot More Facebook Twitter: @youdoalotmore Twitter Instagram: @youdoalotmore Instagram Contact: youdoalotmore@gmail.com

Lindy Cook



Lindy Cook is the Nutrition Guru. She has worked as a Naturopath and Nutritionist for over 13 years and can help you create and maintain a life of optimum health and wellbeing. To do this, she uses the latest scientific research, tests and investigations and never fails to support her nutritional expertise - healthy eating, recipes, and lifestyle with all the latest science and news.

Connect with Lindy: Website: www.theyounggurus.com.au Facebook: The Nutrition Guru Facebook Twitter: @lindyc00k Twitter Instagram: @lindyc00k Instagram Contact: lindy@myyounggurus.com.au

Tara Travers



Tara Travers is co-founder of Boda Wellbeing, an integrative wellbeing program in Melbourne, Australia, that focuses on holistic health and rejuvenation programs and services, along with building its own range of fermented, organic food products.

Connect with Tara: Website: www.boda.com.au

Ricardo Ruskalla



Ricardo Ruskalla is an innovative personal trainer, raw food and best-selling author. Ricardo has been featured in the major Australian magazines, and has effectively trained a variety of high profile clients including tennis actors, models and Olympic athletes.

Connect with Ricardo: Website: www.ricardotraining.com Facebook: Ricardotraining Facebook Twitter: @ricardotraining Twitter Instagram: @ricardotraining Instagram

Dr Libby Weaver



My mission is to educate and inspire people, improving their health and regions, and bringing them to create a ripple effect that transforms the world. Dr Libby is a best-selling author and international speaker in the health and nutrition world.

Connect with Dr Libby: Website: www.drlibby.com Facebook: Dr Libby - Facebook

Simon Boylan



Simon Boylan is an author, filmmaker and personal development specialist. He completed his honours degree in Philosophy at Monash University, Melbourne, Australia, and has gone on to study Chinese Medicine and various Eastern healing modalities.

Connect with Simon: Website: www.theyounggurus.com.au Facebook: The Nutrition Guru Facebook Twitter: @simonboylan Twitter Instagram: @simonboylan Instagram Contact: simonboylan@gmail.com

Vicki Pettit - Health Space



Vicki is a qualified Pilates instructor in Mona Vale who took up Pilates after a serious injury. Pilates significantly improved her posture, increased her strength and flexibility and gave her improved balance and stability.

Connect with Vicki & Health Space: Website: Health Space Clinics - Mona Vale Facebook: Health Space Clinics - Facebook

Daniel Legereit - Health Space



Daniel is a qualified personal trainer and a professional triathlete. He has been competing in triathlons for over 10 years and has completed 100+ triathlons. He is a triathlete and a triathlete.

Connect with Daniel: Email: daniel@healthspace.com.au Phone: 02 8979 8887 Website: Health Space Clinics - Mona Vale Facebook: Health Space Clinics - Facebook

Jo Longhurst - Health Space



Jo has been practising YinYang Yoga since the 90's. After starting a beginners YinYang course in London she has never looked back. Always the student in the room, Jo has been practicing YinYang Yoga for over 20 years.

Connect with Jo: Website: Health Space Clinics - Mona Vale Jo's Website: www.joelongs.com.au Facebook: Jo's Website - Facebook

Dr Jacqueline Johnson



As both an avid sports fan and enthusiastic triathlete, Jacqueline developed a love for triathlon and has been practicing it for over 20 years. She has completed 100+ triathlons and has been practicing it for over 20 years.

Connect with Jacqueline: Website: Health Space Clinics - Mona Vale Facebook: Health Space Clinics - Facebook

We are very pleased to have many practitioners from Health Space (Mona Vale) joining the TKCOM team! We will have a Pilates and Yoga classes, an Acupuncture, Massage Therapy, Personal Trainer, Health and Wellness, Chiropractic, Kinesiology and more, making this amazing knowledge right on your doorstep!

Keep an eye out for their weekly, fortnightly or monthly posts.

If you are interested in becoming a contributor please contact the directory on these@theresekerr.com to see if your posts will qualify.

Much love,



Produced by NKRA Organics Nutrition for Two 2019 Photo by @theresekerr

COMMENTS

Please note if you don't want your comment shared on your Facebook feed, then please use the "Post to Facebook" option below.

Lyn Beardwood: Hi Therese, I'm really enjoying becoming a one stop shop and LOVE IT! Love and gratitude Lyn

Karen Oskier: Berlie August 2 @ 8:10pm: Your website is getting better and better. I love each and every article!

THANK YOU! 🙏

Find us on Facebook: Theresa Kerr, Theresa Kerr, Theresa Kerr. Latest posts are up today onto site. There's a post from Rafting Ricardo that's @raftings Ricardo shares why it