

Nat Kringoudis is a Dr of Chinese Medicine & Acupuncturist, Best Selling Author and podcast host of The Wellness Collective and The Period Party (she likes to talk....)

She recognised the large gap between conventional medicine and supporting wellness and has developed a unique style to women's natural health care – integrating the western medical approach with alternative therapies, Chinese medicine and body wisdom.

Natalie has accepted the task of inspiring wellbeing, not only to those embarking on becoming parents, but equally important to her, educating young women of how their choices shape their reproductive health. She believes this is the key to addressing the infertility epidemic. For Natalie, fertility isn't just about babies, it's about outstanding health. Her knowledge in fertility and natural medicine regularly features in her column in Australian Natural Health magazine, in major publications, including Marie Claire and Cosmopolitan as well as regular TV appearances as a wellness expert for the Today Show & The Morning Show. She is also a two times best selling author, her latest achievement Beautiful You a book dedicated to helping women understand their hormones from the very beginning.

Connect with Nat;

Website: natkringoudis.com.au

Twitter: [Nat Kringoudis](#)

Facebook: [Nat Kringoudis](#)

Instagram: [NatKringoudis](#)

Podcast: [The Wellness Collective](#)