

# Dr Stephen Hardy

## Biography

Born and raised in Adelaide, South Australia, Stephen went to university because he wanted to cure cancer. It didn't turn out that way, despite being awarded a Ph.D. in biochemistry and immunology for research into early cancer from the Flinders University of South Australia. The more research he did, the more he realised he was working at the wrong end of the problem. 80% of cancers are preventable. Why work on a cure for a disease you can avoid?

Realising the future of health and medicine lay not in finding cures but in preventing diseases from occurring in the first place, Stephen devoted himself to looking into how and why we get sick and what to do to stay healthy and avoid disease. His research took him in surprising directions, picking up a Permaculture Design Certificate along the way. He also realised you cannot live a healthy life with unhealthy attitudes, unhealthy relationships, unhealthy surroundings or while living in an unhealthy or polluted world. He has therefore explored and been active in the environmental sector for many years. Knowing how nature works gives you options. Having options means you can take charge of your life. It also helps you understand how your everyday choices and decisions can have a profound effect on your health, on the environment and on the health and happiness of your loved ones. Spreading this message is now his mission and has taken him from the laboratory to the lecture theatre to teach others what he knows about how living systems work.

Stephen is a published author and a dynamic, engaging and sought after speaker who brings his infectious passion to everything he does. Capable of tackling a wide variety of topics and equally at home talking specifics or looking at the "Big Picture", he has the rare gift of making complex issues real, personal and easy to understand.

What Stephen has learned about how living systems work goes beyond staying healthy. The principles are equally applicable to areas as diverse as health and environmental policy; strategic planning; sustainability and environmental responsibility; living in harmony with nature; adapting to change; responsible corporate governance and management and leadership training.

Stephen is on the Board of the not-for-profit registered national charity the Foundation for Australia's Most Endangered Species (FAME) ([www.fame.org.au](http://www.fame.org.au)), is the Founder and Managing Director of Promoting Good Health ([www.promotinggoodhealth.com](http://www.promotinggoodhealth.com)), consults to the biotechnology industry and lives in the Adelaide Hills.

## Further Information

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