

# **Dr Stephen Hardy**

## **Introduction to Presentations** **Health and Wellness**

It is my pleasure to introduce Dr Stephen Hardy, our keynote speaker.

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 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 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. Stephen believes you cannot live a healthy life with unhealthy attitudes, unhealthy relationships, unhealthy surroundings or while living in an unhealthy or polluted world. He also firmly believes your everyday choices and decisions 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.

Dr Hardy is a published author and a dynamic, engaging and sought after public speaker. He has lectured internationally on health, preventative medicine, environmental issues, policy and governance, Climate Change, ecosystem management and sustainable lifestyles and agriculture. He is also Founder and Managing Director of Promoting Good Health Pty Ltd ([www.promotinggoodhealth.com](http://www.promotinggoodhealth.com)) and Board Member of the national charity FAME, the Foundation for Australia's Most Endangered Species ([www.fame.org.au](http://www.fame.org.au)).

This unique combination means Dr Hardy is ideally placed not only to identify the shortcomings in conventional medical treatments and thinking but to suggest viable alternatives. He also has the rare gift of making complex issues real, personal and easy to understand and we are indeed fortunate he is speaking to us today.

Dr Hardy's passion for his subject is infectious, his message powerful and compelling. It is my pleasure to introduce him to you for what I am sure will be a fascinating and thought provoking presentation.

### **Further Information**

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