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**Dr. Rosie Ross - Bio**

*MBBS(Hons) BHSc (Nat Med) FRACGP*

# Short Bio

Dr. Rosie Ross, sought-after midlife women’s health expert, is an award-winning Medical Doctor, Herbalist, Author, Speaker, and Integrative Health specialist. Dr. Rosie is truly passionate about women’s wellbeing and powerfully changing menopause education through health literacy and integrative medecine approaches. Author of Approaching the Pause: Candid Conversations on the Journey Towards Menopause, Dr Rosie breaks down the barriers to talking about the sometimes-embarrassing topics of midlife menopausal changes.

# Long Bio

Dr. Rosie Ross, sought-after midlife women’s health expert, is an award-winning Medical Doctor, Herbalist, Author, Speaker, and Integrative Health specialist. Dr. Rosie is truly passionate about women’s wellbeing and powerfully changing menopause education through health literacy and integrative medecine approaches.

Author of Approaching the Pause: Candid Conversations on the Journey Towards Menopause, Dr Rosie breaks down the barriers to talking about the sometimes-embarrassing topics of midlife menopausal changes.

Whether it is ‘Drama Down Under’ issues of leaking when you laugh, vaginal dryness and the impact this has on your self-esteem, libido and relationships or helping loved ones understand why your Anger-Meter goes from zero to one hundred within seconds, Approaching the ‘Pause offers straightforward answers to many questions women may have been too embarrassed or afraid to ask.

Dr. Rosie has been a Keynote speaker at 2021 International Women’s Day, and is actively involved in community health education sessions. An advocate of life-long learning Dr. Rosie has undertaken further studies with the American College of Lifestyle Medicine and is a member of several professional bodies including the Australasian Society of Lifestyle Medicine (ASLM), Australasian College for Nutritional and Environmental Medicine (ACNEM), Australian Integrative Medicine Association (AIMA), and the Australian Indigenous Doctors Association (AIDA).

In her spare time, you can most often find Rosie cooking up a storm for her family (all nutritious of course), enjoying the beach or walking her dogs Max and Sasha.

# Social Media and Contact Information

**Dr. Rosie Ross**

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