

Dr. Rosie Ross

MBBS(Hons) BHSc (Nat Med) FRACGP






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 medicine 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.

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).



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MOST REQUESTED TOPICS:

Things I Wish My Mother Had Told Me

Do you remember the embarrassing 'Birds and Bees' talk of adolescence? How about the 'What happens after Forty' discussion with your mother, your favourite aunt or older sister? I didn't think so. In this informative and entertaining talk Dr. Rosie answers some of the most difficult and embarrassing questions about navigating the transition through 'The Change' and how you can take charge, make change and claim victory.

Flourishing After 50

Let's get loud and change the narrative on women's health and ageing. Flourishing after fifty is a celebration of Pro-Aging and the Power of the Wise Women, and you are invited to join with a community of inspiring women. 'At menarche a woman enters her power, during her reproductive years she practices her power, at menopause she IS her power.' (Native American saying). Listen as Dr. Rosie tells it to us straight with humour, kindness, and wise words.

From Challenge Comes Change

How do you deal with discovering you are adopted and part of the 'Stolen Generation' in your thirties? Why would a high school dropout and a mother of three go back to high school in her forties? What would drive a woman to graduate with a medical degree in her early fifties when many of her friends were planning early retirement? Discover how you too can harness unhelpful beliefs and disempowering thoughts to enable you to make your dreams a reality, and listen to Dr. Rosie's inspiring life story.



Dr. Rosie's Book

Approaching the 'Pause'

Candid Conversations on the Journey Towards Menopause

HERE'S WHAT THEY'RE SAYING:

"I've read your book and I'm a big fan of the work that you and Jo Vines have done in bringing the conversation around perimenopause and menopause, not only to people who are going through it, but other people who will go through it, or people who are supporting other people going through it.

- Dr. Kate Amos

"When I started reading this book I was so pleased to read that it was in easy to understand, simple medical language, and a format that I found really entertaining and funny at times to read."

- Google 5 Star Review