



Dr. Mathew Bambling

Is a Qualified molecular bio-scientist as well as psychologist, he completed his science courses while undertaking his PhD while on scholarship. So the qualification is PhD. He is a registered psychologist with AHPRA.

Also included are the references below of his ongoing work in this area

While he has many publications we have only included those below that relate to this area of research.

His interest area is mental health and integrative medicine. He is also am a speaker on these topics and have many examples of conference presentations and training he has run in this area.

<https://www.qut.edu.au/research/article?id=140448> (this is the last phase of my current study, which is been completed at QUT; the UQ phase has finished).

Bambling, M., Edwards, S. C., Hall, S., & Vitetta, L. (2017). A combination of probiotics and magnesium orotate attenuate depression in a small SSRI resistant cohort: an intestinal anti-inflammatory response is suggested. *Inflammopharmacology*, 25(2), 271-274.

Bambling, M., Parham, S. C., Coulson, S., & Vitetta, L. (2015). S-adenosylmethionine (S-AMe) and Magnesium Orotate as adjunctives to SSRIs in sub-optimal treatment response of depression in adults: A pilot study. *Advances in Integrative Medicine*, 2(1), 56-62.

Vitetta, L., Bambling, M., & Alford, H. (2014). The gastrointestinal tract microbiome, probiotics, and mood. *Inflammopharmacology*, 22(6), 333-339.

Bambling, M. (2012). *Keeping your brain active and stimulated*. In (eds: Barletta and Bond) *The home therapist: a practical, self-help guide for everyday psychological problems*. Australian Academic Press, Australia.

Bambling, M. (2012). *Brain health*. In (eds: Barletta and Bond) *The home therapist: a practical, self-help guide for everyday psychological problems*. Australian Academic Press, Australia.

Bambling, M. (2006) Mind, body and heart: psychotherapy and the relationship between physical and mental health. *Psychotherapy in Australia* Vol 12 Num 2 pp52 – 59

Dr Matt Bambling

is a well-respected Bio-Chemist-Scientist as well as a registered Psychologist .

He advises Healy's Health & Wellbeing in association with and as our chief consultant in the area of natural medicines , supplements and amino acids.

Graham Healy

40 years' experience in Health and fitness Industry

Diplomas in Health & Fitness/strength/Nutrition/Lower back rehab/martial arts/Master PT

Nutrition training by Peter Rhodes (Dietician)

Fitness education mentored by Leo Young (sports Scientist & World Champaign rower)

8th dan Master in Martial arts

Qualified TAFE teacher

Current education studies /Medical-bio-chemistry-science-chiropractic /Masters in progress

Former Olympic weightlifter 1976 Qld titles (Coached by 2 times Olympian Nev Perry)

Principal Healy's Health and wellbeing

ABN 50-711-604-560

www.healyslowerbackpain.com

www.healyshealth.com