



# CULTIVATING Wellness



## ***“The Nutrition Landscape: From the Macroscopic to the Microscopic”***

Returning as a guest speaker due to popular demand, Stacey Curcio will be exploring the nutrition landscape, from Macro to Micro. She will take us through ‘eco-systems within eco-systems’, and the interconnectedness of the many planetary and human microbiomes. She will look at food and nutrition from an evolutionary perspective, and compare with the modern diet.

Stacey says, ‘with consumer confidence at an all-time low, it’s critical we understand what questions to ask to gain back confidence in the modern nutrition landscape’. She will offer some great advice on how to navigate the paradox of food choices available to us, building confidence in decision making, to eat well for you and your family.

### **Stacey Curcio** BHSc N.D

Stacey is a practicing Naturopath, Nutritionist and Herbalist, and the owner of [Cultivating Wellness](#), consulting with clients who live in regional, rural and remote locations. Alongside the naturopathic and nutritional clinical practice, Stacey develops online programs, speaks at a range of local and regional events, and is the nutrition consultant for [Off the Track Training](#) (a virtual holistic health hub that supports hundreds of people who live in isolated locations with mindset, fitness and nutrition). She’s a self-declared science nerd, nature-lover and foodie who lives on a small hobby farm on the Capricorn Coast in QLD with her family. Her areas of interest include chronic disease prevention in rural Australia, lifestyle medicine, eco-nutrition, and the connecting the dots that lie between healthy landscapes and healthy people.

Among a list of qualifications and achievements, Stacey holds a Bachelor of Health Science majoring in Naturopathy, Herbal Medicine and Nutritional Medicine (Endeavour College of Natural Health 2011), and a Masters of Human Nutrition (Deakin University, 2015). She has a Certificate in Nutrition Farming (NutriTech Solutions, 2018), and is a graduate of the Plant Health Pyramid Course (Regen.ag Academy, 2019).

# AWAKENED LIFESTYLES

## — INNER WORK —

**Awakened Lifestyles** are a team of qualified inner work coaches. The dynamic duo of Anthony Noud and Cat Valentine join us for the second of two Continuing Education sessions where their encouragement to "cultivate an environment where it is safe to be ourselves" forms the basis of their presentation. Gain inspiration, awareness and courage to take committed action toward intentional living. The [Awakened Lifestyles](#)' motto is "Happy and content. Every. Single. Day".

You deserve to live your best life, and Anthony and Cat will cut through your idea of what is 'right' and get you to connect with what is 'real'.



### **Anthony Noud**

Anthony is an industry leading coach working with high functioning humans and high performers for over a decade. Having overcome teenage heroin addiction, obesity and a life long story of 'not good enough' to be a high performer himself, reaching peak performance as Natural Heavyweight Mr Qld in 2015, coaching thousands of people in Nutrition & Mindset to now leading an industry leading Inner Work coaching business with a team of coaches leading thousands of individuals to live and perform at their best.

Anthony has a definite talent for taking people from where they are, helping them breakthrough whatever is holding them back and reaching exactly where it is they want to be. He is a sought after coach for high functioning humans, a key note speaker, father, mediation advocate and conscious business leader.

### **Cat Valentine**

From pain, to passion and purpose, Cat Valentine is a Senior Coach at Awakened Lifestyles. Personally Cat has overcome her fair share of emotional and physical adversity, including personal and familial mental health and addictions, health concerns and marriage breakdown. Seeking help via Inner Work has been key to her own recovery and that of her family.

Cat's professional experience is vast - she is an educator, coach and trainer. The results Cat consistently guides her clients to are incredible - and an absolute testament to her commitment to making the world a better place! Cat's story is living proof that is possible to be happy and content every single day.

