

Talk #1

Food as Medicine

by Dr Gunawan Setiadarma

Dr Gunawan Setiadarma graduated with an MD degree from Johannes-Gutenberg University of Mainz, Germany in 1979. He migrated to New Zealand and became fully registered in NZ in 1992. He worked in Rotorua Hospital for his initial 5 years in NZ, followed by attachment in Taumarunui Hospital for 8 years and has been working as a GP in Murupara since 2001.

Qualifications: MD from Germany, Dip. in O&G from Univ. of Otago, FRNZCGP. Vegetarian since 1998.

Talk #2

Choosing a Healthier Food Option for Your Kids

by Dr Keong Liew Mok.

Dr K L Mok MBChB(Akld), FRACP (Advance Trainee) Paediatric. He trained at Starship Hospital in Auckland as well as Kitz Health of Counties Manukau. He is currently a Paediatric Fellow at Wellington Hospital. Dr Mok has been a passionate vegetarian since 2001.

Talk #3

The High-Protein Diet: The Truth they don't tell you

by Dr Thye Leow

Dr Thye Leow graduated from the University of Queensland in Brisbane, Australia with a Bachelor of Medicine and Surgery (MBBS) in 1988. He worked in Cairns Base Hospital in the sunny Northern Queensland following graduation. Following his migration to live in clean and green New Zealand in 1990, he had worked in Auckland Hospital and North Shore Hospital before embarking to work in Penrose, Auckland as a General Practitioner, his dream career since childhood. He was admitted to be a Member of the Royal NZ College of General Practitioners in 1997 and gained his Fellowship the following year. Dr Leow completed his Post Graduate Diploma in Industrial Health with Distinction from the University of Otago in 2010 winning the J R McKenzie (C M Greenslade Memorial) Prize and is currently a panel doctor for a large number of companies and corporates in both New Zealand and Australia.

Qualifications: MBBS(Qld), FRNZCGP, DIH(Otago)

Dr Leow cultivates "cibei" or compassion in his life and has been a practising vegetarian for more than 20 years.