Prof. Marc Cohen B Med Sci. (Hons), MB BS. (Hons), PhD, FAMAS is a pioneer of integrative and holistic medicine. He is a registered medical practitioner with degrees in western medicine, physiology and psychological medicine and PhDs in Chinese medicine and electrical and computer systems engineering. He is currently Professor of Health Sciences at RMIT University where he supervises research into wellness and holistic health including research on yoga, meditation, nutrition, herbal medicine, saunas, hot springs, lifestyle, elite athletic performance and the health impact of pesticides, organic food and detoxification. In addition to major textbooks on herbs and natural supplements, and the global spa industry, Professor Cohen has published more than 90 academic papers and written multiple books, chapters and articles on holistic health. His impact on the field has been recognised by four consecutive RMIT Media Star Awards as well as the inaugural Award for Leadership and Collaboration from the National Institute of Complementary Medicine.(see www.profmarccohen.com)