

Kim Phillips



Kim is a naturopath, clinical nutritionist, neuroenergetic kinesiologist who runs her own business - Strive Natural Therapy, with special interests in mental health, hormone and metabolic disorders. She has a Bachelor of Health Science (Naturopathy), Advanced Diploma of Nutritional Medicine and trains at the NK Institute; however, she considers her life experiences and empathy her greatest accomplishments, and tool, in helping others to strive to improve their health and wellbeing.

Her business tag line is “Power Within”, as she helps people connect their physical health journey to not only their genetic, epigenetic and lifestyle, but also their inner thoughts, emotions and energetic influences.

Fun facts include: she has been married for over 26 years with 3 children; has a Bachelor of Fine Arts and was a graphic designer for 10 years at ABC-TV; she has lived in Dubai, Newcastle, Alyangula, Alice Springs, Melbourne, Darwin, Brisbane; and was diagnosed with Type 1.5 Diabetes at 48 years old. Kim loves the beach, bushwalking, Crossfit and boxing; is a big animal lover who owns an Alaskan Malamute, Pomeranian, two cats, yabbies and fish.