



## feast & famine > book > author

[WEIGHT LOSS](#)[SLIMTONE](#)[TESTIMONIALS & ARTICLES](#)[LOCATION](#)[CONTACT US](#)

### DR RICK DONALD

Doctor of Chinese Medicine (Government Reg. No. A/0120)  
Clinical Nutritionist, Acupuncturist, Naturopath, Medical Herbalist.  
AACMA, Adv Dip Health Science (Acup), Adv Dip Health Science (Nat),  
Dip Applied Science (Acup), Dip Applied Science (Nat), Dip Health  
Science (Herbal Med), Pract Dip Herbal Medicine, Pract Dip Nutrition,  
B Commerce, Dip Education, Assoc. Dip Arts.

Rick is a natural healer who comes from a long line of healthcare professionals. He practices a unique amalgam of Western and Eastern medicine, forged from the knowledge gained from formally studying both Western scientific medical principles and the empirical wisdom of the ancient healing arts, with a significant element of innate perception thrown in for good measure. Whilst his formal education was in Melbourne, where he graduated as a Doctor of Chinese Medicine and Naturopath, Rick also spent considerable time in 1999 studying and working in the public hospital system in China, as well as countless hours each year updating and adding to his knowledge at many medical conferences and seminars.

Rick's treatment philosophy is simple and holistic: to promote optimum healing, health and vitality in all patients by establishing, and then concentrating on, the root cause of a health concern, instead of purely addressing the presenting symptoms, as unfortunately so often occurs today in our quick-fix Western society. He recognizes that at the most basic level 'we are what we eat', so the fundamental component of all his treatment recommendations around which an appropriate treatment protocol is then constructed is always diet. Rick firmly believes that Hippocrates was correct when he stated over 2000 years ago that we should 'let our food be our medicine'.

For Rick, the glass is always half full. His enthusiasm for life is evident in everything he attempts. He is an educator and a motivator whose easy writing style and occasionally off-the-wall humour is a pleasant change in this age of seriousness and one-eyed secularism. Rick has an enquiring mind that is always looking outside the square to find a better way, and then he has an innate ability to present this new information in an easy to understand and incisive manner so that it all makes perfect sense.

When not consulting with clients in his busy Slimtone Clinic in Moorabbin, Victoria, Rick is actively involved in promoting his Feast and Famine Weight Control Program and his Slimtone concept around the country.

He is a frequent face in the media, and is often seen or heard on TV or radio and is frequently quoted in the daily newspapers.

Married to Sandi, Rick and his wife have two adult children, Breigh and Callum. They live in the bayside suburbs of Melbourne, Australia. Rick's presentation style and wealth of knowledge, always interspersed with interesting lifestyle anecdotes, makes him worth listening to and he is available as a motivational and educational keynote speaker or for one-on-one or small group presentations

.  
He can be contacted directly at his Slimtone medical clinic on 61 3 9532 5744 or by email on [info@slimtone.com.au](mailto:info@slimtone.com.au).

**HEAD OFFICE : 844 Nepean Highway Moorabbin VIC 3189**  
**P • 03 9532 5744 | F • 03 9532 5799 [info@slimtone.com.au](mailto:info@slimtone.com.au)**