Hartmut Michael Günther - Resumé

Last update – October 2021

ABN: 58 845 464 564

Address: Upper Burnie, Tasmania, 7320

Phone: 0439 54 7788 E-Mail: hart@hartgood.com

Web: Hartgood, Toxtest

Personal Profile

Under Contract or self-employed for the last 30 years interspersed with short periods of volunteer work.

Career Objectives: focused on helping people through consultations, education, mentoring, public speaking, research, and writing have provided palpable achievements and garnered satisfying feedback.

Passions: Learning, Education & Mentoring, Science, Health, Consciousness & mindfulness, Our beautiful earth, Organic & sustainable home food production

Education and Training

Diploma Counselling (In Progress), Australian Institute of Professional Counsellors (AIPC), Brisbane, QLD – Completion early 2022

Graduate Diploma Psychology, Monash University, Melbourne, Australia (completed 2019).

Graduate Diploma with distinction Nutrition Medicine, RMIT, Melbourne, Australia (completed 2010).

B.Sc. Hons Biochemistry, La Trobe University, Melbourne, Australia (completed 1978) Majors in Genetics and Biochemistry followed by a research year in Biochemistry.

Memberships, Licenses and Certificates

Provisional Member of the **Australian Counselling Association (ACA).** The national professional association of counsellors and psychotherapists.

Member of the **Nutrition Society of Australia (NSA).**

Willing to undertake **Police Check** and **Working with Vulnerable People** certification, plus other necessary training that is required for a specific role.

Have **Full Australian Driver's License**.

Will be **fully vaccinated** by 16th October 2021

Publications/Books

Wrote and published: Food Synergy - Whole Food & Nutrient Synergy Profiles, 2006. Mainly a reference work with 300+ pages on how and where to meet nutrient RDI guidelines from whole foods.

Currently researching a new project/book on Blood Pressure and the application of childlike curiosity to ask science-based questions that get to the core of escalating health problems (elevated blood pressure specifically) in society and individuals.

Areas of Expertise

Clinical Consultations in Nutrition & Chronic Health conditions, Psycho-education & Motivational Interviewing – Face to Face & Online.

Ability to quickly develop rapport with client through listening and feedback and assess client's health history, order pathology tests, collaborate with other health professionals and provide appropriate guidance and education for both medical and non-medical interventions. Collaboration with GP's and Medical specialists that includes highly effective group consultations that include the client. See Details of Consultations and Feedback

Public Speaking & Writing

Presenting Health, Nutrition, Mindfulness, Anger Management and Addiction Recovery programs. See Programs & Class recordings

Education, Mentoring and Communication

- Communicate & translate complex science, psychology, human & environmental health and medical terminology and concepts to the layperson and students of all ages.
- Program design and facilitation.
- Research and written articles. Instill understanding not just facts.
- Utilise experience to convey a wholistic perspective of this life that includes the body, the mind and the importance of garnering deep, meaningful and fulfilling experiences while alive.

Digital

Rapid database development and implementation (Apple) and data visualisation (Google visualisation engine). Design, programming and marketing of fully stacked websites using HTML, CSS, JS and social media guided by the principles of Lean Startup. All websites and content (Hartgood, Toxtest, Toxno, FoodSynergy and Hartgoods) have been fully conceptualised, designed, written and implemented by Hartmut.

Current Work

- **Currently providing remote classes at Freeman House, a St Vincent de Paul Residential Alcohol & Drug Recovery and Learning centre in Armidale, NSW** (commenced in 2015). See examples via Programs & Class recordings here. Ages of participants vary from teenagers to older adults.
  The classes form part of four evidence-based programs in Mindfulness, Health & Nutrition, Anger Management and a Moving Forward class (Addiction Recovery/Prevention). All classes are designed, continuously developed and facilitated by Hartmut based on program requirements/content, evidence-based research, client feedback, engagement and class attendance. During the Covid-19 Lockdown commencing in April 2020, classes have been recorded and published online as residents have courageously and kindly given permission for these class recordings to be shared online.

- Working as **Nutrition Medicine Clinician since 2009** and setup own clinic in 2010. Provide consultations to children and adults. See Details of Consultations

- In 2015 founded **Toxtest - a collaborative project** with the Environmental Analysis Laboratory at Southern Cross University in Lismore, NSW. The Laboratory performs water, soil, dust, food and hair tests. Toxtest visualises people's results in innovative ways and presents them de-identified online. See https://www.toxtest.com.au/

  Hartmut liaises with the laboratory, processes results, is responsible for all programing, design, research, writing and final consultations with clients. Work is steadily increasing as innovative ways are explored that raise public and individual awareness of the impacts on human, animal and environmental health as a result of exposures to toxic chemicals.

- **In 2014 founded Toxno**. Toxno is a database and website project. There are 25,000 substance profiles on Toxno, all searchable and many show health related information. There are lists of chemicals grouped into meaningful categories like – substances known to cause cancer or all authorised pesticides in Australia and much more. In 2016 an investigative writing and research project aimed at identifying potential harm to human and environmental health from heavy metals, pesticides and other upcoming chemicals like PFAS was commenced. See https://www.toxno.com.au/articles Hartmut is responsible for all **website programing, database design and implementation, research, writing** and any client consultations. Articles are currently written and updated that help inform client's results and possible exposure pathways from the toxicology testing on Toxtest.

- In May 2014 was engaged by the **Cancer Council NSW** to present a 6-part program entitled ENRICH that helps inform healthy eating and nutrition understanding for cancer survivors and their helpers. Engagement is ongoing but has been put on hold due to the Covid-19 virus pandemic in 2020.

Previous work

Worked as "train the trainer" and a facilitator of the **National HEAL™ Program** and the **Diabetes Council of Australia's** BEAT IT program from 2012 -2014 in Guyra and Tingha, NSW.

Contracted by the Guyra Shire Council to develop a database software solution designed to help deliver their evaluation requirements for the Australian Government's Healthy Communities Initiative (HCI). Was also asked to be on the **steering committee** that reports to the Council and **Department of Health and Ageing (DOHA).** This whole project ended on the 30th May 2014.

Trained in and worked as **Allied health professional** at a health clinic on Mt Tamborine, QLD in fields of **body work and trigger point therapy** from 2001-2009 while concurrently studying Nutrition Medicine from 2006-2010.

Collaborated with **Apple computer** in very successful business. Hartmut founded and was CEO of MacCentral from 1989-2000. Worked in the areas of marketing, sales, **programing and consultancy**.

Trained and worked as Chef under two extraordinary owner Chefs at Blooms Restaurant in Perth from 1981-1988. Developed expertise in food preparation, food hygiene and creating nutritious and delicious meals quickly within budget using only fresh whole-foods.

After completing Biochemistry studies in 1978, helped parent's recover from bankruptcy from 1978-1980 doing **building and construction work** with my father.

Volunteer work

Technology Coordinator and supervised up to 10 people doing IT related activities and liaised with outside contractors and local government during infrastructure development at a regional conference centre in Queensland. Spent a year **volunteering for St Vincent de Paul (2014)** via teaching nutrition classes. Ongoing volunteer activities with the Prem Rawat Foundation (TPRF). Currently helping raise money for the **Australian Red Cross and TPRF** via Water, Soil and Dust analysis on https://www.toxtest.com.au/water-testing-australia.html and https://www.toxtest.com.au/dust-testing-australia.html

Referees

Dr Vicky Howell (2011-current) B. Med (Newcastle) (Hons), FRACGP, Dip Paeds (UNSW) Phone: 02 6788 0333, Fax: 02 6771 5616 (Dr Vicki Howell is a Senior GP and previous Practice Director and owner of Integral Health Armidale and collaborates with Hartmut in Nutrition Medicine for clients) Email: vhowell@integralhealth.com.au

Elodie Druitt (2014-current) St Vincent de Paul Society, NSW Support Services, Freeman House, Manager, Ph (02) 6776 8117 | Email: E: Elodie.Druitt@vinnies.org.au www.vinnies.org.au

Oliver Olds (2018-current) St Vincent de Paul Society, NSW Support Services, Freeman House, Acting Manager, Ph (02) 6776 8117 | Email: E: Oliver.Olds@vinnies.org.au

Paul Hobson (2014-current) Community Programs Coordinator, New England NSW, Northern Region, Cancer Council NSW, 1/218 Peel Street, TAMWORTH, NSW 2340, T: (02) 6763 0903 M: 0422 825 079 F: (02) 6766 7053 Email: E: paulh@nswcc.org.au, www.cancercouncil.com.au

Stephen Griffiths (2012-2014) Healthy Highlanders Program coordinator, Guyra Shire Council, NSW, 0418 861 532 Email: sgriffith@guyra.nsw.gov.au

Dr Melvyn Sydney-Smith (2006-2011) Ph: (07) 3879 6555 (Nutrition Medicine Course Professor, Australian GP and course lecturer) Email: holisticmed@nutritionmedicine.org