



# Dr. Ala Farah

GP & HOLISTIC HEALTH DOCTOR

Simplifying the complex  
Inspiring change



# I aim to leave your audience not just informed, but empowered.



## Hi, I'm Dr. Farah.

I am a passionate and dynamic speaker, blending my expertise in general practice with science-based holistic care. My approach is to untangle the domino effect of symptoms and uncover the root cause of everyday health concerns.

I have a unique ability to simplify the complex, using everyday language and real-life examples that keep audiences engaged and inspired. With my expertise in hormonal health, integrative care, and stress management, I aim to leave your audience not just informed, but empowered with actionable steps and a fresh understanding of how to approach their health concerns.

Whether I'm speaking to an audience or working one-on-one with clients, I am committed to supporting others on their path to better health, helping them feel truly heard, understood, and empowered to thrive.

## KEYNOTE TOPICS

Lifestyle Medicine:

Small changes, Big Impact

Is it your Hormones? Understanding hormonal health for wellbeing

Breaking the Stress Cycle: Practical Tools for Managing Stress in Everyday Life

Menopause Matters: Prioritising Your Health During Life's Transition

## EVENT FORMATS

Key note speeches

Panel discussions

Workshops

Q&A sessions

Small Group discussions

Webinars & Online Sessions



“

DR. GLEN DAVIS  
REVERSAL NZ

“Ala is one of the best speakers I have worked with. She engages with the audience, using clear language, always appropriate to the audience. Her slides are simple and clear. Ala is able to simplify complex topics and communicate the key points. Ala is definitely one of the best public speakers I have worked with and I would be proud to share a stage with her any time.”

Client testimonials

## WHO I WORK WITH

I work with a diverse range of audiences, from community groups to healthcare professionals, tailoring my talks to meet their unique needs.

## WHAT YOU CAN EXPECT

In my sessions, I create an interactive, welcoming space where everyone feels comfortable to learn and ask questions. Each talk is tailored to the audience, ensuring it resonates and leaves a meaningful impact. Whether discussing lifestyle medicine, hormonal health, or metabolic well-being, my goal is to provide clear, relatable insights that inspire action.



## Get in touch

If you're looking for a speaker who brings energy, passion, and a fresh perspective to health, I'm here to motivate and empower your audience. Let's spark real change and inspire lasting wellness together. I can't wait to connect with you!

021 280 6692

[ala@farahhealth.co.nz](mailto:ala@farahhealth.co.nz)

[farahhealth.co.nz](http://farahhealth.co.nz)



**farah**  
HEALTH