

## Andrew Rochford

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### *Wellbeing and Medical Health Speaker and Host*

Well being is no longer just the domain of the surgeon's blade and the physician's stethoscope. It has become an abundant mixture of alternative therapies, detoxifying diets, weight loss programs, juice bars, yoga stretches, holistic spiritual healers and many more.

Everywhere you turn, from newspapers to magazines to radio and TV there is a new way to get healthy, feel good and look great.

But amongst the thousands of 'new and improved' ways for us to stay healthy, there is nothing that helps us to decipher the good from bad, fact from fad, truth from myth.

Dr Andrew Rochford demystifies the confusion that surrounds new age diets, fitness and alternative therapies, to help people choose what is right for the individual. He does this from a medical point of view, providing people with a credible insight into modern day medicine and health.

Doctor Andrew Rochford joined the What's Good for You team on the Nine Network as the resident medicine man and human guinea pig. In his role on the series he has so far eaten fifteen kilos of carrots to see whether his eyesight improves, stung himself with bluebottles to test five different remedies and waxed one side of his body to see if the hair will grow back coarser and darker.

In 2008, Andrew is hosting the 'Waiting Room', a new medical based factual reality program also on the Nine network. Demystifying medical myths for TV goes hand in hand with his work as a surgical trainee at the Royal North Shore Hospital.

Formerly known as the 'Block Doc', Andrew became known to Australia's TV viewing public for his stint on the 2004 series of The Block with his partner Jamie, and they subsequently won the series.

Andrew is a Graduate of The University of Sydney Medical School (Bachelor of Medicine / Bachelor of Surgery), completing the graduate medical program with honours. To compliment this he also holds a Bachelors Degree in Medical Science from the University of Sydney, majoring in Anatomy and Neuroscience.



Andrew has hosted a number of popular Channel Nine programs including 'What's Good For You', 'The Waiting Room', 'You Saved My Life' and 'Amazing Medical Stories', allowing him the opportunity to combine both his medical expertise and television presenting skills. Andrew then joined Channel 10's The Project in 2009 as the resident medical expert, covering the latest medical news, and health issues, along with general news in his co-hosting role. In 2011, Andrew took up a role as co-host of Sydney's Mix 106.5 radio station's breakfast program, 'The Brighter Side of Breakfast'. More recently Andrew joined the team at Chanel 7 in June 2014 as their National Health Editor, covering special reports for Seven's news and public affairs program, Sunday Night and Sunrise.

Andrew has also been published in the journal Neurosurgery as part of a research project for the Cerebrovascular Centre at Royal North Shore Hospital in St Leonards, Sydney. His specific medical interests include Paediatric Medicine, intensive care and neurosurgery.

A husband and father of three young children, Andrew is passionate about family, fitness and health. He is an ambassador for a number of causes and charities, including the Murdoch Children's Research Institute and DrinkWise, which primarily focus on health related issues in our community and the promotion of an active lifestyle for all Australians.

### ***Andrew Talks about:***

#### ***Men's Health***

The simple health checklist that every man needs to follow.

#### ***Leadership, Teamwork and Crisis Management***

Andrew reflects on his time in emergency, with some fascinating anecdotes and stories and how they relate to the modern day business and organisational environment.

#### ***Work-Life Balance***

How to maximise your time so that you can stay healthy, have fun and achieve more at work without sacrificing your life. Dr Rochford draws on his own experiences working two sometimes three busy jobs, whilst having a young family and looking after his health, to show how it is possible to have it all.

***The Essential 20***

Dr Rochford shares his top 20 proven health tips and tricks that everyone should know and practice for a productive and healthy life.

***The Secrets to Living Longer***

Learn from what the longest living, healthiest communities on the planet do to live a longer, happier and healthier life.

***Brain Training***

Dr Rochford explains how you can harness the untapped power of your mind to help tackle life's tough decisions, think clearly and get ahead.

***Healthy Workers are Productive Workers***

How to use simple health tricks to maximise productivity in the workplace.

***Investing in your Health Future***

Discover the simple things you should be doing now to get the most out of your life today, tomorrow and beyond based on predictions about what the future of health looks like.

*Each topic can be tailored to suit the particular audience, and additional topics are available on request.*

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