

Caroline Robertson

Naturopath, Ayurveda practitioner, author & teacher, SYDNEY

Caroline Robertson is a highly regarded naturopath, Ayurveda practitioner, author, and educator with more than three decades of experience supporting people to achieve balance, resilience and wellbeing through evidence-based, natural medicine.

Based in Sydney, the passionate advocate for women's health brings a wealth of clinical and educational expertise to her practice.

As one of Australia's most experienced complementary medicine practitioners, Caroline has an extensive understanding of naturopathy, Ayurveda, herbal medicine and nutritional therapy and a compassionate, person-centred approach.

Her practice focuses on helping women manage hormonal health challenges, such as pre-menstrual syndrome (PMS) and period pain, through gentle, holistic strategies that restore harmony between body and mind.

"Nature's pharmacy provides powerful plants to ease a woman's windy journey. Women's health thrives when we support the whole person, not just her hormones," said Caroline.

Caroline's career has spanned continents and disciplines. She spent a decade in India running a charitable medical clinic, and has lectured extensively in Ayurveda, Anatomy and Physiology, and holistic practice at institutions including the Yoga Therapy Institute and Nature Care College. Her commitment to empowering others is reflected in her teaching, writing, and patient care.

Caroline has written hundreds of published articles and seven books on health and wellbeing, including *A Women's Ayurvedic Herbal*, *Endless Energy*, *Keys to Calm*, and *Power Habits for Ageing Well*. Her work celebrates a holistic approach to healing – one that honours the connection between body and mind.

Caroline believes natural medicine has an important role to play in supporting menstrual wellbeing. She advocates for greater awareness of the biological, emotional and lifestyle factors influencing menstrual health, and encourages women to seek early support, rather than normalising pain or discomfort.

"Natural alternatives offer hormonal harmony for PMS and period pain, not just a temporary mute button.

"A key contributor to menstrual problems is the hormonal imbalances fuelling inflammation," said Caroline.

"Plant-based, natural support can stabilise hormones and ease inflammation for a more peaceful passage to power.



"Evidence-based complementary medicine such as Khapregesic® can offer safe and effective support," Caroline said.

"At any age we need help navigating challenges of change. *Hey Sister! Period and Menopause* offers effective assistance."

Caroline also provides in-person and telehealth consultations from her Sydney-based clinic, but her dedication to education and empowerment extends beyond the clinic. She is a regular guest speaker at wellness events, teaches first-aid and self-care programs, and continues to mentor practitioners entering the complementary medicine field.

Her lifelong passion for philanthropy and health education reflects her broader mission – to help people feel seen, supported, and empowered in their journey toward wellbeing.

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To coordinate an interview with Caroline Robertson, please contact:

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