



## ON THE JOB

**Naras Lapsys**  
Consultant dietitian

**Age 39**

### Qualifications?

Bachelor of science with honours, Flinders University; master of science in nutrition and dietetics, University of Wollongong; PhD, University of Adelaide.

### Why this specialisation?

Every time I finished a degree, I would look around but not quite see the job I was looking for. After my PhD, I found myself researching genes of obesity and diabetes and felt I was on the right track. It would be 10 years before it became apparent to me that the solution to

these problems wouldn't be found in a magic pill but by working face-to-face with human beings.

### What do you do?

In my clinic, the Body Doctor, I do one-on-one consultations looking at diet and lifestyle changes that will improve health. People come for weight loss and gain or because they have diabetes and heart disease and need to rethink their habits. They also come for fine-tuning, such as athletes improving performance or women planning the optimal pregnancy.

### Toughest part of job?

Confronting people's habits.

### Most satisfying part?

Stories of success - more confidence, sleeping better or an enhanced golf swing.

### What would you change?

The perception that diet is women's business.

### How do other people see you?

A role model for good health, I'm always under scrutiny. I'm allowed Tim Tams too!

### Strange work moment?

A private school located me in their chapel to conduct the nutritional assessments. I felt like a priest in a confessional.

### What gets you out of bed?

Meeting a new story every day. Not test tubes.

### What do you aspire to?

Educating this community, which, sadly, is becoming more accepting of obesity the fatter it gets.

### What do you do for fun?

I swim, way out beyond the breakers.

### In another lifetime, what would you be?

A vet for big dogs.

### Motto

"Knowledge is King." - Mambo.

**Sharon Lindsay**