

PRESS KIT

Jabe Brown

Functional Medicine Practitioner
Founder, Melbourne Functional Medicine

Expert Speaker - Revolutionising Healthcare - Longevity

About Jabe

Jabe is the Founder of Melbourne Functional Medicine, a clinic that uses cutting-edge functional medicine and results-focused health coaching that's leading the way in healthcare in Australia.

With a Master of Science in Human Nutrition and Functional Medicine, and ongoing training through The Institute for Functional Medicine, Jabe is passionate about sharing this information and empowering his patients.

Jabe's relentless pursuit of better, positions him ideally to be taking his patients through the journey of seeking optimal. Marrying up the research and evidence with the n=1 data from a patient, and being able to explain it back in a relatable way is kind of his thing.

When he isn't nerding out over health research or trying to save the world one patient at a time, Jabe is probably hanging out with his kids, reading some trashy fantasy novel, or playing board games.



Suggested topics

- Harnessing personal health data: The power of precision health for longevity
- Longevity lifestyle habits for the modern world
- Biohacking and longevity: Navigating cutting-edge technologies
- The science of ageing and longevity: Debunking myths and misconceptions
- Nutrition and longevity: Navigating the maze of diets and eating patterns
- Sleep science and longevity: Unlocking the power of restorative sleep

Suggested questions

- How can personal health data be used to achieve optimal longevity?
- What's one common myth about ageing that people often believe?
- What key principles should individuals keep in mind when navigating the various diet options to make choices that truly support their longevity goals?
- What biohacking techniques hold promise for extending the human lifespan, and how can people make informed decisions about them?
- What's the difference between genetics and epigenetics?

To book Jabe, email media@mfm.au