

FREE LIVE WEBINAR

Mastering Female Metabolic Health



Presenter: Kira Sutherland
Naturopathic Sports Nutritionist
Co-Host: Tulsi Ryan, Nutritionist

Tuesday 24th June 2025
7.00 – 8.30pm AEST

Join DFH and Kira Sutherland for an exclusive clinical webinar delving into clinically effective tools for mastering female metabolic health.

Join leading naturopath and sports nutritionist Kira Sutherland for a 90-minute masterclass exploring the often-overlooked drivers of female metabolic dysfunction — from insulin resistance and disrupted circadian rhythms to the impacts of hormonal contraceptives, PCOS, and perimenopause.

Designed for integrative and complementary health practitioners, this session delivers practical, research-backed strategies to support your female clients more effectively. Learn how to identify underlying imbalances, tailor interventions with confidence, and apply the latest insights on diet, lifestyle, and exercise for lasting metabolic improvements.

Whether your clients are struggling with stubborn weight gain, fatigue, or poor blood sugar control, this is your opportunity to deepen your clinical approach and stay at the forefront of women's health care.

Engage with Kira Sutherland and DFH in a live Q&A session where clinical pearls are shared and practitioners are supported.

We look forward to sharing our knowledge and resources with you – [The DFH Australia Team](#)

CPE
points
available