

# Dr Helena Popovic

## *Doctor, Brain Expert, Author and Speaker*

Dr Helena Popovic MBBS is a medical doctor and international speaker who shows people how to boost their brain at any age or stage of life so they can perform at their peak throughout their career, eliminate brain fog in menopause and avoid Alzheimer's and other dementias in retirement.

She also provides a roadmap for living longer, stronger, healthier and happier.

Dr Helena graduated from the University of Sydney and has spent over 30 years researching the brain and teaching people how to reach their full potential.

Discovering how to boost our brain is the single most important investment we can make to achieve our goals, solve complex problems and create a fulfilling life.

Dr Helena's philosophy is that education is more powerful than medication and she believes in growing bolder rather than older.

She is the author of three best-selling books:

1. In Search of My Father is a guide to caring for someone with dementia.
2. Adventure Prevents Dementia shows how we can all build a better brain, and
3. NeuroSlimming - Let Your Brain Change Your Body reveals how to shed excess body fat without dieting or deprivation.

Dr Helena espouses slow ageing despite fast living and she delivers highly effective wellness and peak performance programs to organisations of all sizes. She is one of Australia's most popular conference opening speakers.

## *Dr Helena Popovich talks about:*

- Boost your brain
- Turn stress into success
- Peak health for peak performance
- Master your mind
- Elevate your energy
- Come alive and thrive



- Live longer, stronger, healthier and happier
- The gut brain revolution
- The X factor for excellence
- The 7 habits of highly healthy people
- Mission SlimPossible

## Client testimonials

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“ I just want to thank you for your wonderful talk at our Gala Dinner last Friday night. The feedback was sensational - everyone loved it. It was relevant, interesting, inspiring and funny! I know that our executive team and board members enjoyed it, too. So, thanks so much and I hope to see you again.

- **BioCeuticals**

“ We were so pleased to have Dr Helena Popovic present the closing keynote session at our Independents' Day conference. The audience of around 300 business owners were glued to their seats in one of the finest presentations I have seen in years. Helena is skilled, highly polished, engaging and eminently practical in her delivery. Thank you!

- **Robert Gerrish, Founder of Flying Solo**

“ Just a quick note to let you know how much I enjoyed your seminar yesterday on Boosting Your Brain at Queensland Police Headquarters. Fantastic is the one word I can say. Great, straight-shooting advice and very practical. I heard as I left the conference room many staff saying the how fabulous you were and how life-changing your message. I believe you were very inspirational to all who were there and gave many that extra they were looking for in their life.

- **Queensland Police Service**

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