Elisa Ma 專業簡介

我從事教育及研究工作多年，曾於大學教授 Research Methods（研究方法），對健康研究及人體健康一直抱有濃厚興趣。

多年來，我深入研習自然醫學、傳統中醫、食療、營養及腸道健康，並曾在中醫學院修讀課程及接受臨床實習，從不同角度探索健康問題及整體健康管理。

我擁有 Doctor of Philosophy in Natural Medicine（自然醫學哲學博士）學位，研究專長為 Gut Health（腸道健康）。在多年的學習與實踐中，我特別關注腸道健康與飲食、營養、睡眠、情緒及生活方式之間的關係。

我曾協助一些面對腸胃問題、皮膚敏感、濕疹、失眠，以及與情緒及腸道健康相關困擾的人，從整體健康的角度，探索適合個人的飲食及生活方式調整。

我相信，真正的健康需要從整體出發，而不是只關注單一症狀。
我會繼續學習、研究與探索，並希望將多年累積的知識與經驗，分享給更多有需要的人，陪伴他們建立更健康、更平衡的生活。

Elisa Ma - Professional Bio

With a background in education and research, I have taught Research Methods at the university level, developing a strong and lasting interest in health research and the many factors that influence human wellbeing.

Over the years, I have pursued extensive studies in Natural Medicine, Traditional Chinese Medicine, food therapy, nutrition, and gut health. I have also studied at a Traditional Chinese Medicine institution and completed clinical training to develop a broader and more holistic understanding of health and wellbeing.

I hold a Doctor of Philosophy in Natural Medicine, with a major focus on Gut Health. My work explores the relationship between gut health, nutrition, food, lifestyle, sleep, emotional wellbeing, and overall health.

Through my studies and practical experience, I have supported individuals experiencing concerns including digestive issues, skin sensitivities, eczema, insomnia, and conditions associated with emotional and gut health. My approach is holistic and individualized, with an emphasis on nutrition, food choices, lifestyle, and natural approaches to supporting wellbeing.

I believe that health is interconnected and that understanding the whole person is an important part of supporting long-term wellbeing.

I am committed to lifelong learning and research, and my goal is to share my knowledge and experience to help more people discover practical, natural, and balanced approaches to better health.