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Reflections on the work of
Dr Antigone Kouris-Blazos
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It is now more than 20 years since I first encountered an eager and intellectually impressive young science graduate, keen to pursue her interests in nutrition and health. I accepted her into an Honours degree programme and watched her subsequent highly motivated career with admiration. Her passion for her Greek culture has been a great asset – and, just sometimes, limited the wider horizon! In any case, she has crossed many boundaries, cultural and scientific, clinical and public health, family and professional, and created a legacy of knowledge and insight to enrich the Greek, Australian and International communities at large. Particularly impressive have been her contributions to the understanding of an integrated nutritional approach to health, represented by the exemplar of the Mediterranean diet at home and abroad.

Her ability to enable others to learn, whether students, patients, friends or family is wonderful for those who encounter her.

In recent times she has turned her hand and mind to Nutrition editing and publishing, a partnership, I have very much enjoyed with her. It will not be her last endeavour.

She has much energy and aptitude for an ever-changing career in nutrition and health.

Mark L Wahlqvist

