



### National Seniors Partners with Dr Libby to Support Healthy Ageing

**18 August 2025**

National Seniors Australia (NSA) is proud to announce a new partnership with internationally acclaimed nutritional biochemist Dr Libby Weaver (PhD), aimed at helping older Australians feel their best and live well as they age.

NSA General Manager, Ms Pauline Mason, said the collaboration with Dr Libby – a renowned author, speaker, and founder of Bio Blends - will bring expert insights to NSA's *Health Matters* digital newsletter, a quarterly publication focused on wellness in later life.

"As we know, Australians are living longer than ever before. In the next 40 years, the number of people aged 65 and over is projected to more than double, and those over 85 will more than triple," Ms Mason said.

"While increased life expectancy is a positive milestone, ensuring those extra years are lived in good health is just as important. In today's medically advanced and lifestyle-conscious world, staying informed about health and wellbeing is essential.

"For more than 25 years, Dr Libby has helped Australians understand how biochemistry, nutrition, and stress influence their health - particularly in addressing the underlying causes of challenging symptoms.

"NSA is thrilled to welcome Dr Libby as a regular contributor to *Health Matters*. Her evidence-based and holistic approach will provide our readers with valuable guidance on how to work with their bodies as they age, rather than against them."

Dr Libby's articles will cover a range of relevant topics, including understanding blood tests, brain health, sleep, preventing osteoporosis, managing cholesterol, hormonal shifts with age, stress, and the importance of maintaining a positive mindset.

"We're delighted to welcome Dr Libby to the NSA community. Her contributions will further empower our members to take charge of their health and embrace ageing with confidence and clarity."

***Health Matters* is NSA's quarterly digital publication designed to support older Australians in living healthier, more informed lives. It includes articles, practical advice, and the latest health news tailored for seniors.**

**Media enquiries Media & Corporate Communications Manager Anna Townend 0488 047 380**