

# DR JENNIFER BARHAM-FLOREANI

AWARD-WINNING HEALTH PRACTITIONER, BEST SELLING AUTHOR.  
FOUNDER OF WELLADJUSTED.

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## BIOGRAPHY & CURRICULUM VITAE

Doctor Jennifer Barham-Floreani is a best-selling and award-winning author and chiropractor. She is also the Founder of Well-Adjusted Pty and a published authority on pediatric health and holistic parenting.

Over half a million parents, practitioners and students have read Jennifer's thought-provoking book, "Well Adjusted Babies 2nd Edition." While written for parents, with over a thousand references "Well Adjusted Babies" is also used as a prescribed text in universities for students to better understand pregnancy and birth.

As a mother of four boys Jennifer has become an authentic guide for couples and families and she speaks around the world on common sense approaches to health, pregnancy, and parenting. Through her travel, work and research Jennifer has spent time with, and learnt from, some of the greatest minds of our time.

Jennifer consults parents, parents-to-be and celebrity couples dotted over the world, on pregnancy and family health. Her vision is to deeply connect with other parents and help them to embrace the invaluable role they play in directing their child's health outcomes.

Jennifer is passionate about helping parents improve their 'health literacy' and reminding them that they have an inherent right to navigate their families' health outcomes. Offering them tools and knowledge on how to move forward confidently. She believes that as parents more than ever before, we need to work together.

Jennifer's unique credentials extend to her upbringing, as she has known the benefits of chiropractic adjustments since birth by her father and being raised in one of Australia's largest chiropractic families. From an early age she witnessed the impact that this style of healthcare has had on countless families, and she feels incredibly blessed that her life's journey has been entwined with such a remarkable profession.

Together with her chiropractic husband Simon, they have co-founded an award-winning wellness center incorporating Allied Health Professionals and chiropractors that offer collaborative care.



In October 2020 Jennifer resigned as a chiropractor in Australia. She no longer practices in Australia; she is registered as a chiropractor overseas.

[To read more about why Jennifer handed in her license please click here.](#)

Jennifer now lives in Europe with her four children where she has continued her study on methylation, genetic polymorphisms and mitochondrial issues that are leading to issues like tongue tie, anxiety and cognitive issues in children and impacting the health of mothers, for her 3<sup>rd</sup> Edition of Well Adjusted Babies. She and her husband lecture and train chiropractors in Europe and the United States. Jennifer continues to edify and promote the health benefits of chiropractic and holistic parenting.

### AWARDS

Victorian Chiropractor of the Year	2008
Australian Chiropractor of the Year	2008
Woman of the Year World Congress of Women Chiropractors	2011
Outstanding Service to Chiropractic. Stuart Rynsburger Award United Chiropractors Association England.	2017
Being of Light Humanitarian Award	2017
Service and Dedication Award. Chiropractor of the Year. Barcelona College of Chiropractic.	2020-2021

## EDUCATION

Royal Melbourne College of Chiropractic  
Doctor of Chiropractic  
B.APP.CLIN.SCI, B. CHIROPRACTIC

1998

ICPA Certificate in Webster Technique

2007

## EXPERIENCE

**Co-founder and Director of Well-Adjusted Pty** — a company committed to producing practitioner and lay public health products. This company has developed a range of products including educational material for both professional and public streams, products that provide physical aid to mothers during pregnancy including a Pregnancy Support Belt and Belly, Bust and Baby pillow. Other products include audio products and a holistic parenting website.

**Author** – Best Seller Well Adjusted Babies 2<sup>nd</sup> Edition and other titles listed under Publications.

**Co-founder and Director of Vitality Organic Allied Health** — a revolutionary and award winning, Health and Wellness super clinic incorporating over 20 Allied Health Professional and chiropractor, in Melbourne Australia. Dr Jennifer and her husband Simon are the principal chiropractors. With Vitality's collaborative approach to strengthening health, this center has become a much loved and valued resource for hundreds of families in Melbourne.

**Research Reviewer. Editorial Review Board for The Chiropractic Journal of Australia.** (2011 – 2017)

**TV Spokesperson** (2009 – Present) "Parenting Expert" Segments Channel Ten's "The Circle." Channel Ten's Morning Show and National Broadcast.

**Print and Online "Health Expert"** (2009 –Present.) News Media Australia  
Online "Health Expert" 2009 –Present. The KORA Organics Blog. Contributor on Miranda Kerr's popular blog alongside Dr Wayne Dyer, Dr John DeMartini, Cyndi O'Meara and Louise Hay.

**Public Speaking** - (2009 – Present) internationally and nationally for both practitioner and public events.

**Lecturer and seminar trainer** of health practitioners in the care of pregnant women and pediatrics.

## PUBLICATIONS

“Well Adjusted Babies”	2005
“Well Adjusted Babies” Revised Edition	2006
“Well Adjusted Babies” 2nd Edition	2009
“Well Adjusted Babies Practitioner Guide”	2007
“Ticklish — New Ways to Help Your Child Learn, Love & Play”	2009
“Lunchbox Solutions”	2012
“The Legitimacy of Chiropractic in Family Healthcare” White Paper.	2013
Research Journal article - “Chiropractic Approach to the Management of Children” Chiropractic & Osteopathy Journal. Co-written with Dr Sharon Vallone	2010
Pearls of Wisdom, Pure & Powerful” Contributing Chapter	2011

**Other Publications:** Dr Barham-Floreani has also written and continues to write many articles for a variety of chiropractic and non-chiropractic magazines.

### Her Digital Products

“Caring For Families” An App for Chiropractors	2018
“Well Fed Kids – Talking All Things Parenting.” An App for Parents.	2018
The Methylation and Metabolic Balance Course	2024