



Dr Matt Bambling

Dr Matt Bambling is a well-known clinical psychologist who conducts molecular medicine research into mental health. His current research focuses on the use of natural molecules for treatment resistant depression. He has a specific interest in the human microbiome, inflammation and cellular metabolism. Matt is in demand as a speaker on topics such as integrative approaches to treat health problems and supplementation to optimise physical performance and achieve healthy aging and maximum longevity. Matt is also a peer reviewer for a number of international journals in molecular science, biochemistry, nutrition and integrative medicine. For more about Matt's current research, see the link below to learn about the depression project which is now in the last phase and being run at QUT.

<https://www.qut.edu.au/research/article?id=140448>

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Vitetta, L., Bambling, M., & Alford, H. (2014). The gastrointestinal tract microbiome, probiotics, and mood. *Inflammopharmacology*, 22(6), 333-339.