

# DR. ARA SUPPIAH

## THE TRANSFORMTIONAL VOICE IN SPORTS, HEALTH AND PERFORMANCE

Dr. Ara is a physician, innovator, and global expert whose life story embodies resilience, reinvention, and relentless pursuit of excellence.

- Golf Greatness - Supported seven World No.1 golfers (women and men) and contributed to 36 major championship wins.
- Olympic Success - Guided 14 athletes at the Paris Olympics, and is the physician behind four Olympic gold medalists.
- Ryder Cup Expertise - Integral to multiple European and U.S. Ryder Cup teams.

- LIV Golf Leadership - Head of Medical Services, establishing world-class athlete support systems.
- Media Roles - Medical Analyst for NBC Sports/Golf Channel (2013–2022) and Chief Medical Contributor for Golf Digest. Has been featured on CNN, BBC, CBS and USA Today.
- Practising Emergency Medicine physician



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# PODCAST TOPICS

1. His personal story and life lessons - 352 consecutive rejections for residency in the US, the patient who changed the trajectory of his career and the wanting to be a six foot German.
2. Sports Performance: Lessons from working with seven world number 1's and four Olympic gold medalists. The not so obvious secrets to becoming a world champion.
3. Beyond Longevity: Becoming and staying dangerous.
4. The Athlete passport and Digital Twin - increase performance buffers, minimize performance fluctuations.
5. What the Hadza chief thought me on leadership and athleticism.
6. Seven pillars of Athleticism - Speed, Power, Endurance, Strength, Agility, Vision and Will.
7. Free medicine and Breath-work (Swara yoga, hypopressive breathing etc)
8. Food as Medicine: Culinary medicine vs Nutrition

**“ARA’S JOURNEY REMINDS US THAT GREATNESS IS NOT JUST ABOUT TALENT, IT’S ABOUT DEDICATION, ADAPTABILITY, AND THE COURAGE TO CONSTANTLY EVOLVE.”**

## WHY BOOK DR. ARA?

Dr. Ara’s life story is a testament to the power of perseverance, curiosity, and a commitment to mastery. He has an extraordinary ability to distill complex ideas into practical, life-changing insights. Whether discussing how to thrive in the age of AI, unraveling myths in human performance, or sharing behind-the-scenes stories from working with world champions, Dr. Ara inspires audiences to rethink their potential and explore new possibilities for their health and performance.



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# DR. ARA'S

## FSM SPORTS MATRIX

Groundbreaking framework that optimizes athletic performance by addressing:

- Chronic inflammation. Detox pathways, hormones, immunity and recovery systems.
- Energy systems and cellular resilience.
- Nervous system training (balance, vision, and mental clarity).
- Genetics, epi-genetics and digital twin technology.

## DIVERSE EXPERTISE

Dr. Ara has continually refines his skills through formal training in:

- Functional Medicine, Acupuncture, Strength and Conditioning, Culinary Medicine, Genetics, and AI in Sports Science.
- Global Experience: Practiced across Europe, North America, Asia, and trained in one of Australia's top trauma centers. He has also lived and hunted with the Hadza tribe in Tanzania on two occasions.

## TESTIMONIAL



DEEPAK  
CHOPRA

*"Ara is an exceptionally gifted presenter. He captivated my audience and was able to communicate complex science into tangible and actionable ideas, with humility and humor. It's a rare combination."*

A photograph of Dr. Ara, a man in a white polo shirt and khaki pants, standing on a golf course and talking to a man in a blue patterned shirt. Other people are visible in the background.

# YOU ARE LEAVING WITH

Listeners of your podcast will walk away inspired, informed, and equipped with actionable insights from one of the most accomplished yet unsung sports performance experts of our time. Dr. Ara's story is one of grit, ingenuity, and transformation, and one that your audience will never forget.



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