

Review of Barbara O'Neill

October 22, 2021 and February 16, 2024

Over the past 4.5 years, I have fielded many questions about this lady. As is often the case, she comes across as sincere yet delivers a very mixed message with great confidence and authority (see #1 below). Some elements of her message we can agree with, but they get mixed with false and misleading ideas. Those with little scientific knowledge and a confirmation bias toward "natural healing" are drawn in, frequently thinking this is the "real" health message.

Here are my biggest concerns after listening to hours of her videos and careful investigation:

1. Barbara O'Neill is very disingenuous in her claims of training. She claims to be a nurse, naturopath, and nutritionist—none of which is true. See the Health Care Complaints Commission's (HCCC) [18-page statement of findings](#). This is a very informative document and is publicly available in Australia. (Wikipedia cites this.)
2. The Australian government's HCCC investigation of Barbara O'Neill came about due to complaints submitted to them. After this careful investigation, she is legally prohibited from teaching nutrition or health in Australia—hence her move to the US.
3. Due to the questionable nature of her teachings and practices at Misty Mountain Retreat, the South Pacific Division has not recommended her as a speaker for several years. Much of what she communicates (i.e., basic principles of a healthy lifestyle) is good to a point, but frequently, the rationale for doing so is faulty, based on misinformation or pure scientific fiction. This is most likely due to her lack of training in the sciences and the biases introduced by naturopathic philosophy. Physiology, biochemistry, and nutrition texts will need to be radically rewritten if she were to be correct!
4. There is a common thread in her presentations of wanting to “go back to nature” and many references to the “ancients”—probably originating from her reading of naturopathic materials.
5. She is a strong proponent of “detox,” asserting that all the environmental poisons we are exposed to cause most diseases. She says these come from the foods we eat, cleaning agents, toothpaste, and many other “scary” sources.
6. She strongly supports a total vegetarian diet but does not believe in fortified foods or B12 supplements.
7. She often implies that once you straighten out the lifestyle, all diseases, including CVD and cancer, will be cured.
8. She speaks much about balancing hormones and is death against “synthetic” hormones. She heavily promotes the use of an Australian cream made from yams to restore balance—with no research to back this preparation.
9. She has been opposed to any vaccines for years but is currently crusading against COVID-19 vaccines, based primarily on the misinformation that is rife on social media.

For these reasons, we are not able to recommend her as a speaker for churches or any gatherings.

Fred Hardinge, DrPH, RD
Nutrition and Lifestyle Specialist
General Conference of Seventh-day Adventists
www.healthministries.com