

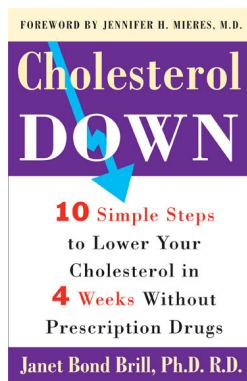


Dr. Janet Brill
Eat Healthy. Exercise. Live Better.

About Dr. Janet



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[Janet Bond Brill, Ph.D., R.D., LDN](#) is a leading diet, nutrition and fitness author, speaker and national TV spokesperson. Janet holds master's degrees in both nutrition and exercise physiology and a doctorate in exercise physiology. She also is a registered dietitian and certified by the American College of Sports Medicine, National Strength and Conditioning Association, and Wellcoaches, Inc. An expert in the field of health, wellness and cardiovascular disease prevention, Dr. Brill has been published in noted scientific journals including the *International Journal of Sport Nutrition*, the *International Journal of Obesity* and the *ACSM Health & Fitness Journal*. She also has published and been quoted in leading lay publications including *Shape*, *Prevention*, *Men's Health*, *First for Women*, *Woman's World*, *Today's Diet and Nutrition*, and *Health*. In addition to having served as a nutrition consultant for leading firms such as American Express, Proctor & Gamble, and The Sports Club LA, Dr. Brill also has conducted health seminars for Fortune 500 companies such as Goldman Sachs, AMN AMRO, AON Insurance, and Deloitte and Touche. Dr. Brill is a frequent guest nutrition expert on the national television show [The Balancing Act](#) (Lifetime).

Dr. Brill is an adjunct professor at the University of Miami and at Florida International University where she teaches graduate and undergraduate courses in nutrition, health and fitness. She is a member of The Obesity Society, the American College of Sports Medicine, the American Dietetic Association, the National Lipid Association, the National Strength and Conditioning Association, Wellcoaches, Inc, the National Speakers Association and more. Her first book, **Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol in 4 Weeks—Without Prescription Drugs** (Crown/Three Rivers Press, Jan. 2, 2007), is available at bookstores nationwide. Visit www.CholesterolDownBook.com.

Dr. Brill believes whole-heartedly in the role both good nutrition and exercise play in the prevention of chronic disease and achieving optimal health. She teaches the importance of a healthy lifestyle and has helped hundreds of people over the past several years improve their health and well-being.

www.DrJanet.com

www.CholesterolDownBook.com