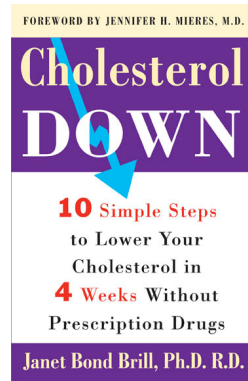




## Janet Bond Brill, PhD, RD, LDN



Photo: [www.marinaphotography.com](http://www.marinaphotography.com).



- Nationally recognized diet, nutrition and fitness expert
- Nutritionist (registered dietitian), Health consultant, Exercise Physiologist (certified personal trainer), Wellness coach
- Certified by the American Dietetic Association, American College of Sports Medicine, National Strength and Conditioning Association, and Wellcoaches, Inc.
- Author of the bestselling book, *Cholesterol DOWN: 10 simple steps to lower your cholesterol in 4 weeks—without prescription drugs* (Crown/Three Rivers, 2006) and coming soon... *The Heart Disease Reversal Plan: 8 foods and 8 weeks to preventing a second heart attack* (Crown/Three Rivers)
- PhD, University of Miami- Exercise Physiology
- MS. Ed & MS, University of Miami and Florida International University – Exercise Physiology & Nutrition
- BS, University of Miami - Biology
- Practitioner specializing in health, wellness, weight control and cardiovascular disease prevention since 1993
- Director of Nutrition for Fitness Together Holdings, Inc – the world’s largest organization of personal trainers and author of *Nutrition Together* – a 6-week healthy eating and weight loss program



- Sought after by the media as a trusted source of nutrition and fitness information
- Health & fitness television show consultant, former nutrition expert for the nationally televised show, *The Balancing Act* (Lifetime)
- Corporate wellness consultant
- Media spokesperson
- Lecturer
- College professor
- Published in noted scientific journals including the *International Journal of Sport Nutrition*, the *International Journal of Obesity*, the *American Journal of Lifestyle Medicine* and the *ACSM Health & Fitness Journal*
- Published and/or quoted in numerous leading lay publications including *Shape*, *Prevention*, *Men's Health*, *First for Women*, *Woman's World*, *Today's Diet and Nutrition*, *Health* and many more
- Charity marathon and half-marathon runner

Dr. Janet 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 across the nation improve their health and well-being.

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[www.CholesterolDownBook.com](http://www.CholesterolDownBook.com)

"Cholesterol DOWN," a best-selling book that provides a clear, practical, drug-free approach to cholesterol-lowering in a research-based book.