



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

## Rave Reviews

*"Thank you for coming to speak at Baptist Hospital East. You and your staff made planning this seminar a breeze. The audience was thrilled with the information that you shared. I was pleased with the positive responses on the evaluations. You have a wonderful message about health and do a great job explaining what can be a complicated subject. Again, thank you."*

—Chris Summerfield, RN  
Baptist Hospital East  
Louisville, Kentucky

Women's Health Community Education Coordinator

*"You both received the highest marks of any of our recent talks--and I have to admit, the talk that we sponsor always get great marks--so kudos to both of you! Thank you both for the superb job! I do hope we can do more of these."*

—Lisa A. Carlson, MS, RD

Director, Professional Marketing

Quaker and Tropicana, divisions of PepsiCo

*"Professional, polished, poised, and impressive! Dr. Brill shared her practical and important information with our community college students and staff and received rave reviews. We hope to have her visit for another session soon."*

—Jeanne S. Boone, M.Ed., RD, LDN

Chair, Natural and Physical Sciences Department

Palm Beach Community College

*"Dr. Janet Brill was a speaker for an event held at Temple Beth Orr on January 10, 2008. She was insightful, informative and an inspiration to us all. I highly recommend her as a speaker and would not hesitate to have her return to speak at a future event."*

—Nancy Pottruck, Co-President

Temple Beth Orr Sisterhood/WRJ

*"It is with great enthusiasm that I recommend Dr. Janet Brill as a presenter. Dr. Brill is an engaging, energetic, and knowledgeable public speaker with an obvious passion for nutrition, health, and fitness."*

—Jennifer Dougherty-Restrepo, M. S., ATC, LAT

Chair, Athletic Training Education Program

Florida International University

*"Communication of nutrition facts in an effective way is an art, and I can confidently say that Dr. Brill is an artist. These feelings were unanimously shared by every attendee of the workshop, as reflected in the meeting evaluations. It is speakers like Dr. Brill that make the Miami Dietetic Association, such a reputable and professionally sound organization. It has been our honor to have worked with Dr. Brill in the past and look forward to many such memorable presentations in the future."*

—Juana Burgohy-Brown, MPH, RD, LD/N

President, Miami Dietetic Association

Janet Bond Brill, Ph.D., R.D., LDN  
Eat Healthy. Exercise. Live Better.

☎ Phone: 954.401.4279 📠 Fax: 954. 341.0681 ✉ E-mail: Janet@DrJanet.com  
[www.DrJanet.com](http://www.DrJanet.com), [www.CholesterolDownBook.com](http://www.CholesterolDownBook.com)



*Nutrition & Fitness Expert*

*Writer*

*Speaker*

*Media Spokesperson*

*Nutrition Consultant*

*Educator*

FOREWORD BY JENNIFER H. MIERES, M.D.

# Cholesterol DOWN

**10** Simple Steps  
to Lower Your  
Cholesterol in  
**4** Weeks Without  
Prescription Drugs

Janet Bond Brill, Ph.D. R.D.

## *What the audience is saying...*

*"Wonderful presentation and beautiful woman ; was very inspiring and convincing."*

*"Terrific!"*

*"Wonderful! Loved examples of foods and presentation!"*

*"Great – I will use everyday."*

*"Excellent!"*

*"Awesome Speaker!"*

*"Wonderful!!!"*

*"Very good. Glad I came."*

*"Seminar was excellent."*

*"Thought Dr. Janet was a very good speaker, and kept interest high."*

*"Very informative, educational and entertaining."*

*"Easy to listen to. Thoroughly enjoyed entire time."*

*"Loved the presentation."*

*"Thank you for this presentation! So helpful."*

*"Very informative – things I can do!!"*

*"Thanks so much – Great."*

*"Exceptional."*

*"Excellent."*

*"Very Good."*

*"I would come back again."*

*"Have the speaker give several more talks on nutrition, she's great!"*

*"Very knowledgeable person, well-prepared, great topic!"*

*"Great information, and easy to understand!"*

*"Good speaker, highly knowledgeable!"*

*"Good information given at the consumer level."*

*"Informative and enjoyable presentation."*

*"Dr Brill was very pleasant and made the information easy to understand."*