



Therapy Times' 2008 Most Influential

Recognizing the movers and shakers in the therapy industry

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*Whether in the nutrition, occupational, physical, respiratory, pediatric, nursing, music, auditory or speech therapy professions, the 2008 **Therapy Times** most influential therapists have one thing in common: an unbridled passion for therapy and an unquenched dedication to the highest quality of patient care possible. **Therapy Times** is proud to present this year's list of clinicians, researchers, and leaders who have demonstrated the drive, character, and integrity deserving of the title, "Most Influential."*

Nutrition Therapy

Janet Bond Brill, PhD, RD, LDN

The people's dietitian

Janet Bond Brill, PHD, RD, LDN is a nationally recognized diet, nutrition, and fitness author, speaker, and media spokesperson. In addition, Brill is an adjunct professor at both the University of Miami and Florida International University, also in Miami, where she teaches graduate- and undergraduate-level courses in nutrition, health, and fitness.



Janet B. Brill, PhD, RD, LDN

In her first book, *Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol in 4 Weeks – Without Prescription Drugs* (Three Rivers Press, 2006), Brill offers a sound, science-based diet and exercise program that can be just as effective as statin medication in lowering "bad" cholesterol, by as much as 47 percent in four weeks.

"I hope to get the message across that heart disease – our nation's leading cause of death – is almost entirely preventable through simple lifestyle changes," she says. "I encourage everyone to take action by finding the time today to make a few simple heart-healthy lifestyle changes that are no more dangerous or expensive than eating a bowl of oatmeal for breakfast or taking a 30-minute walk, habits that can have a profound effect on health and ensure that they will be here tomorrow."

Further demonstrating Brill's commitment to the dietetics profession, she has also served as a nutrition consultant for leading firms, such as American Express and Proctor & Gamble, and has conducted health seminars for various Fortune 500 companies. Additionally, Brill is the nutrition expert for the nationally televised show "The Balancing Act" on the Lifetime channel.