



WENDY BAZILIAN, DRPH, MA, RD

NORDIC NATURALS' ADVISORY BOARD MEMBER

“Adding omega-3 fish oil to your daily regimen is a must for all athletes and sports-enthusiasts. If you are looking for peak performance, ensure that adequate, consistent levels of these important omega-3 fats are part of your healthy diet plan.”

Summary of Expertise

Dr. Wendy Bazilian is a respected writer, researcher, educator and practitioner who brings extensive experience in nutrition science and counseling to her work. As a doctor of public health, registered dietitian and an American College of Sports Medicine certified Health and Fitness Specialist, she is noted for her skill in integrating nutrition, fitness and wellness practices to help clients and readers who are motivated to reach their health and wellness goals. Dr. Bazilian is also the Nutrition Advisor to the renowned Golden Door spa and fitness resort in Escondido, California. She serves on a variety of national clinical and professional committees that help move the science of nutrition and sound application of nutritional and supplement regulation forward for the public. Dr. Bazilian is a professional writer on nutrition and exercise, having published over 200 articles for corporate and other media. She is author of *The SuperFoodsRx Diet: Lose Weight with the Power of SuperNutrients* (Rodale). An avid food enthusiast, Dr. Bazilian has written for and her advice has been featured in numerous magazines including *Martha Stewart Living*, *O-The Oprah Magazine*, *Town & Country*, *SELF*, *FIRST for Women*, *Allure* among others. Dr. Bazilian graduated summa cum laude Phi Beta Kappa with a Bachelor's Degree from Tufts University. She received her Master's Degree from the UC San Diego. Dr. Bazilian completed her Doctoral Degree in Public Health and Nutrition from Loma Linda University, graduating summa cum laude and receiving the highest academic honor, the prestigious Chancellor's Award. She maintains a private practice at Bazilian's Health Clinic.

Specific Subjects

Weight management; sports nutrition; fitness and exercise; super foods and super nutrients; women's health; children's health; healthy aging; brain health; healthy skin; food-based nutrition; optimal eating for active individuals; inflammation; fish oil supplementation and research; lifestyle changes for improved mental and physical performance.

Published Books

■ *The SuperFoodsRx Diet: Lose Weight with the Power of SuperNutrients*, Rodale 2008

Dr. Bazilian has contributed to a number of books including the New York Times best selling *SuperFoodsRx*, as well as the James Beard and IACP-nominated *Golden Door Cooks at Home*.

A complete profile is available and can be emailed upon request. Press interviews can be arranged by contacting Shari Hindman, Integral Marketing, Inc. at 303.499.9665 or sharilhindman1@comcast.net.