

Kristin Kirkpatrick

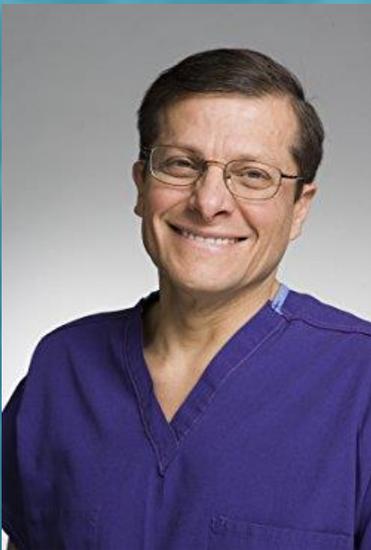
MS, RDN

Award-winning dietitian, author, and star of the new PBS show “The New Rules of Food”

“When it comes to healthy food and healthy eating...
The Dr. Oz Show has relied on Kristin's unparalleled expertise”



"Kristin Kirkpatrick is my go-to person for info on nutrition. She is even smarter than beautiful...hard to do.. and brilliant. Entertaining and informative. She is The expert on Fatty Liver Disease. A great presenter, and solidly science based."



Mike Roizen MD
Author of 4 NY Times #1 Bestsellers, 9 overall
NY Times Bestsellers, Founder of RealAge.com
and The Wellness Institute of the Cleveland
Clinic

Kristin Kirkpatrick is the lead dietitian and manager of Wellness Nutrition Services at the Cleveland Clinic Wellness Institute run by Dr. Mike Roizen. She is a best-selling author, an skilled presenter, and an award winning Dietitian.

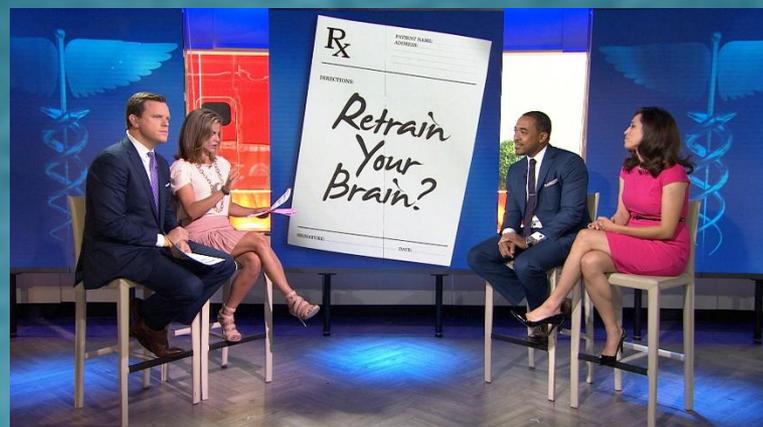


Kristin is a frequent guest on the Dr. Oz show, is a member of Dr. Oz's Advisory board and a member of the Advisory Board for Lose It!



Kristen has been working with Dr. Roizen since the founding of the Wellness Institute over 10 years ago. And she is also a speaker at his annual conference.

A powerhouse of energy and knowledge Kristin brings her passion for wellness and nutrition to the table...delivered with a deft touch and a smile.





Kristin has appeared on the Dr. Oz show 15 times and an entire episode was dedicated to discussing her Skinny Liver book. She serves as an Advisory Medical Board Member for the Show and an Advisory Board Member for the Lose it! Weight loss application



She is a regular contributor to Today.com and has appeared on the Today Show 4 times.



Kristin is also a regular contributor to The Huffington Post with over 40 pieces on the web site. Huffpost named her “One of 25 diet and nutrition experts you need to follow on twitter”

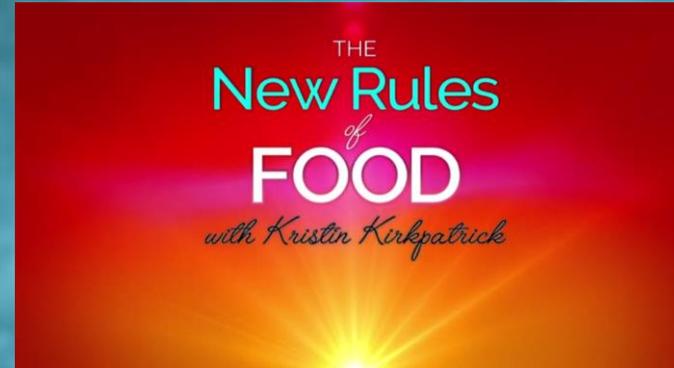
Kristin has also contributed to many national outlets including The New York Times, NBC News, Wall Street Journal, TIME, NY Post, Runners World, Bloomberg, Oprah, Martha Stewart Living, Food Network, Costco Connection, Self, Food 52 and Women’s Health

The New Rules of Food

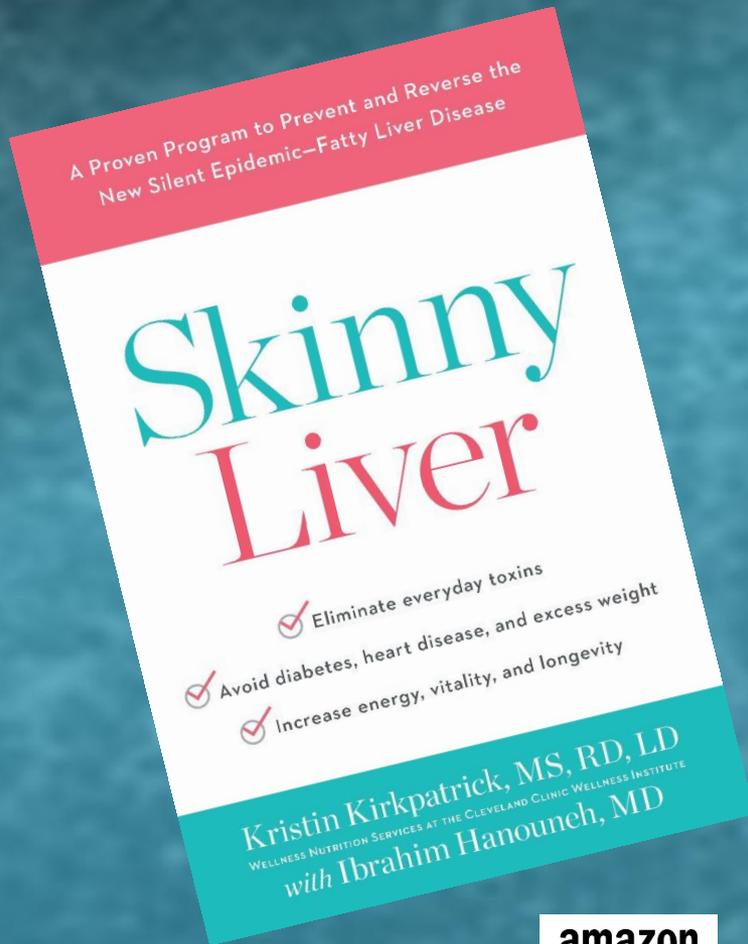
In December, 2017, Kristin's show *"The New Rules of Food"* aired nationally on PBS. It will air again during the spring pledge drive.

The show was picked up by over 75 percent of the PBS stations...A huge success.

Watch now at PBS on demand



In January of 2017 Kristin published *Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic—Fatty Liver Disease*



"*Skinny Liver* sounds a powerful wakeup call that clearly connects dietary and other lifestyle choices to potentially life-threatening liver disease. More importantly, Kirkpatrick deftly empowers the reader with a scientifically validated, comprehensive, user-friendly plan to prevent and even reverse what has become a major health epidemic." **David Perlmutter, MD, author of the #1 New York Times bestseller, Grain Brain, and The Grain Brain Whole Life Plan**

"Fatty liver disease is a silent epidemic that is affecting 30 percent of all Americans. Grounded in cutting-edge research, Kristin Kirkpatrick's accessible, practical program will help you prevent liver disease and safeguard your overall health." **Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, author of the #1 New York Times bestseller Eat Fat, Get Thin**

"In today's toxic world, we are bombarded with chemicals in our environment, food supply, water, and personal care products, and our liver takes the brunt of the stress. If your liver becomes overwhelmed, it can lead to fatigue, weight gain, liver disease, autoimmune disease, and even cancer. In *Skinny Liver*, Kristin Kirkpatrick teaches you the secrets on the ideal diet, supplements, and lifestyle to cleanse your liver and take your health to the next level." **Dr. Josh Axe, author of Eat Dirt, founder of DrAxe.com**



For booking information please
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