

## **Pamela Smith, RD, LDN**

Pamela Smith, RD, is a nationally known nutritionist and energy coach, culinary consultant and best-selling author, and the creator of The S.M.A.R.T. Weigh® Strategy through which thousands of people have won back their health and energy. She provides wellness coaching to professional, corporate, and life athletes -- from the NBA's Shaquille O'Neal and various NBA Teams such as the Orlando Magic and the LA Clippers, the PGA's Larry Nelson and Brad Faxon to the executives and culinary development teams at Darden Restaurants, Walt Disney World, Hyatt Hotels and Resorts, and many more. Pam creates menus and recipes for some of America's best restaurants including the hot new restaurant *Seasons 52* -- all with a focus on great food that is great for you.

Smith has inspired hundreds of thousands through her books, private practice, web site, seminars, workshops, and radio. She is the author of 12 published books and many articles and columns for magazines, newspapers and websites. Her best-selling books include *Eat Well-Live Well*, *Food for Life*, *The Healthy Living Cookbook*, *The Energy Edge*, *The Smart Weigh* – and her newest, *When Your Hormones Go Haywire*. She is a frequent speaker for top corporations and associations including the American Society for Association Executives, the American Dental Association, the American Orthodontic Association, The American Cardiology Conference and for the American Diabetes Association's "Shaping America's Health". And, she has for eleven years hosted all culinary events for the Epcot International Food and Wine Festival.

Smith hosted the popular *High on Health* television program for FOX television's The Health Network and is also a frequent guest on NBC's *Today* show, the Food Network, DIY, CNN News, Lifetime Television, *Fox Family and Friends*, MSNBC and *Focus on the Family*. Her radio feature "Tips for Living Well" airs daily on 800 radio stations across North America and in seven foreign countries.

Smith received her degree in nutrition from Florida State University and completed her American Dietetic Association Internship at Miami Valley Hospital in Dayton, Ohio. Continuing professional education has been done at The Cooper Aerobic Institute and Harvard Medical School. The Florida Medical Association has awarded Smith it's "Florida's Recognized Dietitian" and "Excellence in Medical Journalism" awards.