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GILLIAN McKEITH

Nutritionist and food guru Gillian McKeith is an iconic luminary as she is responsible for changing people's eating habits and lifestyles around the World. Her television programme, *You Are What You Eat*, a huge hit, airs worldwide in the UK, USA and some 42 countries internationally. YAWYE is a factual entertainment series in which over an eight-week period, overweight, obese or unfit contestants are given a challenging dietary, nutritional and lifestyle regime-change by Gillian. Gillian's show is fast-paced, demanding, positive and inspirational.

The massively successful show was followed with a whole new format titled *You Are What You Eat, GILLIAN MOVES IN*. The most provocative, informative and entertaining series so far as bad eaters actually stay with Gillian in her home! The tensions flair; turmoil erupts. Only when the over-eaters are trained in Gillian's healthy ways, they are allowed to return to their own homes. But once back at home, if they fall out of line, Gillian shocks them and shows up at their doorstep with suitcase in tow. Gillian moves in.

Gillian's new series of *Eat Yourself Sexy* launched in March 2010 for worldwide distribution. Gillian McKeith is changing the health of the world on a mass scale. Gillian literally gets to the bottom of some of the worst eaters as she revamps their eating habits and changes their lives. EYS showcases Gillian's knowledge, humour, wit and emotional nurturing of the participants as they embark on their journey to wellness and sexiness. We see more sides to Gillian on EYS.

With Gillian's help the women on EYS get their mojo back in just eight weeks by adopting the Gillian McKeith healthier lifestyle. Viewers are moved by the dramatic/moving transformations at the end of each episode by each of the women featured. The goal of this series is to show that treating yourself well and taking care of yourself will lead to sexiness. It's about feeling sexy and being able to walk into a room with your head held high because you feel good about yourself. You see all kinds of women regaining their sense of self and changing the way they think about themselves to lead happier and healthier lives. This series shows that this is attainable for everyone and can be done on a budget. Gillian's television shows air in more than 140 territories world wide!





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Gillian McKeith is the author of the Number One bestselling book, *You Are What You Eat* (Penguin) with over 2 million copies sold in the UK alone, now being printed in more than 25 countries throughout the world, with a total of more than 4 million books in print globally. Gillian's books, *You Are What You Eat Cookbook*, and *Gillian McKeith's Ultimate Health Plan*, also went to Number One in the UK. She is the author of *Living Food For Health*, (Piatkus). This best-seller offers no-nonsense nutritional advice by the brilliant holistic nutritionist. Gillian McKeith is also author of *Gillian McKeith's Wedding Countdown Diet* and *Gillian McKeith's Shopping Guide*. Two of Gillian's books were named as the Most Borrowed Books in British Libraries. Gillian McKeith's *Food Bible* went straight to number one within hours of launch and more success followed with Gillian's *Bootcamp Diet*. Gillian's latest book, *Women's Health* was published in July 2010.

Gillian McKeith's mission is to 'Empower people to improve their lives through information, food and lifestyle'. She also writes columns in celebrity magazines, health journals as well as popular consumer magazines.

Raised in Scotland, Gillian now travels extensively giving lectures and seminars to packed audiences in both the English and Spanish languages. Her life long mission is to share her information and make the world a healthier place. Gillian McKeith has been working in the field of Food and Holistic Nutrition for almost two decades. Gillian McKeith is an institution and household name throughout the United Kingdom.

In November 2010, Gillian took part in the tenth series of ITV1's "I'm a Celebrity Get Me Out of Here!" Gillian was central to the success of the series which claimed the highest TV ratings of the show to date! Since then Gillian has appeared on a variety of TV programmes including ITV1's *Loose Women* and *That Sunday Night Show* as well as *Celebrity Juice* on ITV2. Since then Gillian has appeared on a variety of TV programmes including ITV1's *Loose Women* and *That Sunday Night Show* as well as *Celebrity Juice* on ITV2.

