

## EXPERIENCE

1998 - Present

**Owner, *To Your Health Fitness and Nutrition***

*Nutrition consultations across the lifespan, weight loss coaching, medical nutrition therapy, and sports nutrition.*

January 2022 to Present

**Leader, *Plant-Based Dietitian®'s 21-Day Choose You Now Challenge***

December 2021

**Author, *The Choose You Now Diet***

November 2020

**Author, *Plant-Based Dietitian®'s Ten Favorite Recipes for Weight Loss***

October 2020 - Present

**Leader, *Plant-Based Dietitian®'s Weight Loss Support Group***

2019 - 2022

**Podcaster, *Host of The Choose You Now Podcast and Co-Host of Science and Saucery***

December 2019

**Author, *The Healthspan Solution***

January 2018

**Author, *Plant-Based Nutrition 2E (Idiot's Guide)***

January 2018

**Co-Host, *Home Sweat Home***

*Lifestyle transformation series on Facebook Watch*

2017 - 2020

**Co-Founder and Director of Nutrition, *Efferos***

*Lifestyle transformation company, coaching, content creator.*

May 2017

**Author, *Plant-based nutrition for healthcare professionals: implementing diet as a primary modality in the prevention and treatment of chronic disease, Journal Geriatric Cardiology***

Summer 2016

**Author, *A Physician's Guide to Plant-Based Diets, Permanente Journal***

December 2014

**Author, *The Vegiterranean Diet***

2013

**Television Host, *What Would Julieanna Do? and Veria Living's Wellness Talk Show Series***

March 2012

**Speaker, *TEDxConejo***

Published 2011

**Author, *The Complete Idiot's Guide to Plant-Based Nutrition***

Published 2011

**Author, *The Complete Idiot's Guide to Gluten-Free Vegan Cooking***

January 2011 - 2019

**Nutrition Columnist, *VegNews Magazine***



# JULIEANNA HEVER MS, RD, CPT

## MY OBJECTIVE

I am a passionate, energetic, and leafy green-loving author, Registered Dietitian, podcast and television host and expert guest, and fitness expert who lectures, writes, and counsels with the goal of educating and guiding people towards optimal health.

## CONTACT

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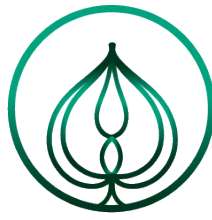
## BIOGRAPHY

There is nothing Julieanna loves more than diving into a colossal bowl of salad. Known as The Healthspan Dietitian®, Julieanna has a Bachelor of Arts degree in Theatre from UCLA in and a Master of Science degree in Nutrition from Cal State Northridge, bridging her three biggest passions for food, performing, and helping people.

As a Registered Dietitian, Julieanna has authored nine books, including *Choose You Now Diet*, *The Healthspan Solution*, *Plant-Based Nutrition (Idiots Guide)*, *Vegiterranean Diet*, and two peer-reviewed journal articles on plant-based nutrition for healthcare professionals (in *Journal of Geriatric Cardiology* and *Permanente Journal*).

Past projects have included being the host of *What Would Julieanna Do?*; giving a *TEDx talk*; writing as the nutrition columnist for VegNews Magazine; and teaching the eCornell Plant-Based Nutrition Certification Program. She recently co-hosted *The Choose You Now Podcast*, *Science and Saucery* and Facebook Watch's *Home Sweat Home*, and has appeared on Harry, *The Dr. Oz Show*, *The Steve Harvey Show*, *Reluctantly Healthy*, *The Marie Osmond Show*, and *E! News*.

New adventures include speaking, presenting, traveling, helping a wide variety of clients achieve their goals, and sharing her passion for healing, happiness, and eating a healthspan-promoting diet.



Healthspan Dietitian®  
Julieanna

HealthspanDietitian.com

## EXPERIENCE

2008 – Present  
**Speaker**

*Internationally-renowned lecturer and presenter on nutrition, wellness, fitness, and healthspan in medical institutions, universities, conferences, festivals, destinations, and virtual settings.*

May 2010 – January 2013  
**Executive Director,  
EarthSave, International**

*Developed and managed Meals for Health Program, helping clients of Sacramento Food Bank transition to a healthy, whole food, plant-based diet.*

November 2009 – May 2010  
**Instructor, eCornell Plant-Based  
Nutrition Certification Program**

2008  
**Clinical Dietitian, Century City  
Doctor's Hospital**

*In-patient nutrition care for all types of patients including tube feeding, diabetes, and metabolic disorders.*

2002  
**Patient Care Representative,  
Cedars-Sinai Medical Center**

*Provided direct foodservice intervention for patients.*

## EDUCATION

2009  
**eCornell Plant-Based Nutrition  
Certification Program**

2005  
**California State University  
at Northridge**

*Masters of Science in Nutrition  
Dietetic Internship*

1998 – Present  
**American Council on Exercise**

*Gold-Certified Personal Trainer*

1998  
**University of California at  
Los Angeles**

*Bachelors of Arts in Theatre  
Golden Key National Honor Society*

1994 – 1998  
**University of California at  
Los Angeles**

*Licensed Emergency  
Medical Technician*