



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

Website:
HealthspanDietitian.com

Phone:
310-502-0690

E-Mail:
j@julieanna.com

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



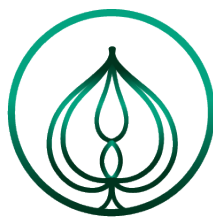
BIOGRAPHY

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*