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**Best-selling Author, Dietitian & Nutritionist**

<https://www.kmprod.com/liz-pearson>

## Bio

**Liz Pearson** is a Registered Dietitian, Award-Winning Professional Speaker and Bestselling Author. Her approach to healthy eating is sane and sensible. Pearson's mission is to translate the often-confusing and ever-changing science of healthy eating into practical, commonsense advice that people can follow in their busy lives. [morelink]

## Topics

### **Liz Pearson's Speaking Presentations:**

#### **Nutrition Keynotes & Workshops**

Liz Pearson is an award-winning, professional speaker. She changes how people look at food, think about food, and feel about food. She changes the choices they make. Her talks are engaging, informative, inspiring, and fun! She speaks regularly to corporations, associations, health professionals, educators, and more. Each talk is customized to best meet client needs. Most keynotes or workshops are 1 to 2 hours in length. Half-day presentations are also an option. Let Liz Pearson build a talk for you, based on the topics below:

**The Happiness Diet: Eating to Optimize Brain Health, Gut Health & Mental Health**

The two most common psychological disorders in the world are depression and anxiety. Their impact on happiness and well-being is tremendous. The World Health Organization ranks depression as the single largest contributor to disability worldwide (ahead of other widely publicized candidates, like heart disease, cancer, and diabetes). Anxiety follows not far behind. Although all mental health disorders are extremely complex in their causation, a compelling and growing body of research says diet plays a significant role in their prevention and treatment. [\[morelink\]](#)

## **Nutritional All-Stars & Dietary Villains**

Your body is your home. It's the most important home you'll ever live in. Learn which foods are all-star protectors of health and those that cause harm. Reduce your risk of heart disease, cancer, diabetes, dementia, and more. [\[morelink\]](#)

## **Food Myths, Misconceptions & Lies**

If you're frustrated by changing nutrition headlines and conflicting advice, you're definitely not alone. Get science-backed answers to your most common questions.

Alcohol – does a drink a day keep the doctor away? [\[morelink\]](#)

## **Healthy Weight Management In An Unhealthy World**

A healthy body weight has a tremendous impact on how you look and feel, as well as your risk of disease. Learn how to manage your weight in a world that makes it almost impossible to do. [\[morelink\]](#)

## **Eating Healthy In The Fast Lane**

When life gets busy, it's harder to eat healthy. Get practical advice on how to eat well, even on the run. [\[morelink\]](#)

## **Building A Healthy Child**

What you feed your child or teen greatly impacts their health and well-being today and in the future. Take responsibility. Help your child develop habits that will support them for life. [\[morelink\]](#)

## **Specialty Presentations** [\[morelink\]](#)

## **Health & Wellness Programs** [\[morelink\]](#)

## **Weekend Retreats** [\[morelink\]](#)

Liz Pearson is represented by K&M Productions for speaking engagements. For more information, [speaking fees](#) & [booking nutritionist Liz Pearson contact us](#).