

## **Elizabeth Madison Speaking Bio**

Elizabeth Madison is a registered dietitian and certified dietician & wellness coach. She specializes in faith-based weight management, nutrition education and customized supermarket tours. As someone who struggled with weight management and self-esteem issues for more than twenty years, Madison understands the challenges her clients face and is able to provide perspective, counsel and, most importantly, hope.

Madison knows better than anyone that fad diets fail, and that disciplined exercise and diet regimes work for some time but are hard to maintain. That's why her innovative program, Weight Loss Transformation!, provides a more holistic approach to success.

With the stability of God, and the proven health benefits of eating well and treating your body right, individuals are destined to be transformed by Madison's program.

Visit <http://www.weightlosstransformation.com> to learn more. To book Elizabeth Madison to speak, visit <http://www.weightlosstransformation.com/book-elizabeth-to-speak.com>.

### ***Presentation topics – five main topics***

- Nutrition and Health 101
- Weight Management for Real Life
- Fitness
- Healthy Cooking
- Shopping Smart Supermarket Tours

### ***Health and Wellness Seminar topics***

#### **Just One Change - Creating Healthy Habits**

Learn how to make simple changes over time that can develop into permanent healthy eating habits.

#### **Never Say Diet! Developing A Plan of Eating (POE)**

We all know diets don't work. A Plan of Eating does. This approach fits eating into your lifestyle (not vice versa) and helps you achieve long term weight loss.

#### **SuperFoods**

Learn about the Top 10 foods that are delicious, filling and nutritional powerhouses to help you lose and maintain weight.

#### **Antioxidants: Boosting Your Immune System for Optimal Health**

Antioxidants are powerhouses that can help your body work more efficiently. This seminar provides an overview of how they work and the best way to get them.

**The Truth about Fats**

Fats are not evil! Learn about the fats that are good for the heart, hair and health!

**Reading Nutritional Labels**

Nutritional labels can play a powerful role in weight management. This seminar focuses on how to read nutritional labels and manage portion control.

**Kitchen Renovation**

Remake your kitchen into a healthy oasis filled with nutritious, tasty foods, fabulous ingredients and spices, and inexpensive gadgets.

**Organic Foods - Truth vs. Fiction**

Is organic really better for you? Learn what organic foods are really beneficial and those that are a waste of money.

**Nutritional Supplements**

B12, Vitamin K, Calcium Citrate, garlic, Ginko Biloba - which to take? How much to take? This session will provide an overview of the minerals and vitamins critical for optimal health and how to avoid scams.

**Managing Hypertension**

Over 30% of Americans have high blood pressure and don't know it. Learn how to successfully manage this condition without giving up your favorite foods.