

DEBRA WATERHOUSE BIOGRAPHY



**A woman's body is....miraculous, beautiful, strong, wise, healthy...
and remains that way throughout puberty, pregnancy, and menopause
as long as she understands it, appreciates it, and takes care of it**

The powerful, insightful words of Debra Waterhouse have inspired more than 2 million women to end their weight struggles by establishing a trusting, healthy relationship with food and their bodies.

Wherever a woman is in her stage of life, Debra Waterhouse, internationally renowned women's nutrition expert, has the insight and ability to teach her how to embrace her natural body, eat without guilt, walk with confidence, and rediscover the joy in living. Whether she is a teenager coming of age in a society obsessed with thinness, a new mother coming to terms with her postpartum body, or a woman entering the hormonally-charged menopausal transition — Waterhouse's best-selling *Outsmarting* book series and eye-opening women's workshops offer a revolutionary understanding of the female body and its unique needs. By helping women to outsmart the dieting industry, the thin ideal, and society's good food/bad food debate — as well as their own weight preoccupations, food fears, body dissatisfactions, and low self esteems — they will finally come to peace with their bodies and learn how to truly take care of themselves with food, fitness, rest, sleep, laughter, and intimacy.



She has the respect — as a registered dietitian with her bachelor's degree in nutrition from the prestigious Simmons College in Boston and a master's in public health from the acclaimed University of California at Berkeley, Debra Waterhouse is the nutritionist women trust, health professionals endorse, educators praise, and the media seeks out.

She has the experience — with over 20 years experience counseling clients, developing hospital and corporate programs, presenting seminars and workshops, writing books and articles, serving as a spokesperson and board member, and appearing on over 500 television and radio shows, Debra Waterhouse has gained international recognition as "The Woman's Nutritionist" and a leading voice in the anti-dieting movement.

She has the passion — as a woman who once suffered from poor body image and disordered eating, she has first-hand experience with the challenging, yet rewarding, transformation from self-deprecating dieter to self-appreciating woman — and the heartfelt desire to help other women welcome eating enjoyment and body acceptance into their lives.

She has a mission — to end the dangerous epidemic of dieting and body hatred. She urges the female community to join her, by using their innate wisdom and collective power, to rise above society's pressure for thinness and start feeding and respecting the bodies they were born with. Not only to become dietfree, bodyaccepting women for their own well-being, but also to pass on a healthier legacy to their daughters, granddaughters, and all future generations of women.

Debra Waterhouse is not your "ordinary" health professional. She is a visionary planner, a dedicated female advocate, a motivating leader, and a dynamic educator. Because of her extraordinary qualities, Debra Waterhouse is making a profound difference in the field of women's health and in the lives of women everywhere.

DEBRA WATERHOUSE MPH, RD

Facts, Figures, & Highlights



Nutritionist:

- registered dietitian with a bachelor's in nutrition from Simmons College and a master's in public health from the University of California at Berkeley
- in private practice with over 20 years experience
- a leading voice in women's health, self-esteem, and the anti-dieting movement

Seminar and Workshop Leader:

- over 2 million women have attended her programs
- over 500 training conferences presented to health professionals
- a sought-after speaker for annual meetings, conventions, women's conferences, professional organizations, hospitals, and businesses

Media Spokesperson:

- over 200 television appearances including 20/20, Dateline, Good Morning America, The Today Show, CNN, Fox News, CBS News, ABC Nightly News, Hardcopy, The Leeza Show, and The Home & Family Show
- over 300 radio appearances including NPR, CBS, and Associated Press
- over 200 newspaper and magazine articles written on her philosophies including The New York Times, USA Today, Allure, Cooking Light, Woman's Day, Ladies Home Journal, McCall's, Walking, Muscle and Fitness, Redbook, Glamour, Shape, Oxygen, and Biography Magazine

Author:

- *Outsmarting The Female Fat Cell* (1993, Warner) international best-seller with over a million copies in print
- *Why Women Need Chocolate* (1995, Hyperion) international best-seller translated into 8 foreign languages
- *Outsmarting the Mother-Daughter Food Trap* (1997, Hyperion) originally titled *Like Mother, Like Daughter*, translated into 5 foreign languages
- *Outsmarting The Midlife Fat Cell* (1998, Hyperion) New York Times bestseller, translated into 5 foreign languages
- *Outsmarting Female Fatigue* (2001, Hyperion) Bestseller, translated into 3 foreign languages
- *Outsmarting the Female Fat Cell – After Pregnancy* (2002, Hyperion)
- Contributing editor and freelance writer *Cosmopolitan*, *Good Housekeeping*, *Fit Pregnancy*, *Teen People*, *New Body*, *Weight Watchers*, *Women's Health Digest*, and *Parents Magazine*

"Waterhouse's fun, accessible approach will help women avoid body image depression and adopt truly healthy practices."

— Publishers Weekly