



Julie Daniluk's 1-minute Introduction

Julie Daniluk is an award-winning author, speaker and coach. She is the host of TV show *"Healthy Gourmet"*, airing in 78 countries and in 11 languages around the world.

Julie's many distinct talents make her a highly sought-after speaker and media personality. Her latest #1 bestselling book, *Hot Detox*, spent 11 weeks on the Bestseller list and has recently been translated into Italian. Her first bestseller, *Meals That Heal Inflammation*, now in its 12th printing, continues to be a go-to manual for readers to learn how delicious food can heal.

As one of Canada's leading Registered Holistic Nutritionists, she has appeared on hundreds of television and radio shows, including The Dr. Oz Show, and is a resident nutrition expert for The Marilyn Denis Show, where she shares nutritional tips and recipes for healthy living.

Check out amazing recipes and nutrition tips at juliedaniluk.com and connect directly with Julie on social media @juliedaniluk.