

About Julie Daniluk, RHN, NNCP

While mastering the rigorous theatre arts program at George Brown Theatre College, Julie found she was reading more about nutrition than Shakespeare. She had developed an insatiable appetite for figuring out how and why food affects our health, and decided to pursue a new direction, attending [Canadian School of Natural Nutrition](#) to become a registered nutritionist. Julie became co-op owner & *Chief In-Store Nutritionist*, at one of Canada's largest health food stores, [The Big Carrot](#).

Serving on the board of the [Canadian Health Food Association](#) in 2000 & 2009, exploring Culinary Arts at George Brown College and studying Herbalism at Emerson Herbal College, allowed Julie to bring together many distinct talents to author her **#1 bestselling Gourmand World Cookbook Award-winning** books, [Meals That Heal Inflammation](#) and my newest offering, [Slimming Meals That Heal](#) (Random House Canada, Hay House Publishers USA/UK/AUZ) . Through her books and her TV show, [Healthy Gourmet](#), Julie has helped hundreds of thousands of people enjoy great-tasting, allergy-free foods while boosting their body's healing process. Healthy Gourmet is now airing in 78 countries, in 11 different languages, on Oprah Winfrey Network (CAN), Z Living (USA) and Fine Living (EMEA).

Julie's latest book, [Hot Detox](#) (Harper-Collins Canada, Hay House USA/UK), embraces the ancient wisdom of India and Asia, applying the time-tested intelligence of warming up your body's core. Inspired by hot yoga practices and backed by 600 peer-reviewed scientific studies, Julie's detox system will help your body to gently rid many of the toxins you experience in our modern world.

Julie has spoken to the Canadian Federal Government in Parliament about the health risks of genetically modified food and was a founding board member of the *Non-GMO Project*. She was the producer for [Bio-Diversity with David Suzuki](#) and FoodShare's [Field to Table Festival](#). One of her greatest joys was her role as a chef on Greenpeace's [The Rainbow Warrior](#), during its GE-free New Zealand tour. Julie received the [2012 Canadian Health Food Association's Organic Achievement Award](#).

Television viewers may also recognize Julie from her [Busted](#) segments on [The Right Fit \(OWN\)](#) where, as a nutritional encyclopedia, she examines the food we need to be healthy. Julie is also a regular contributor to [CTV's The Marilyn Denis Show](#) and [John Edward's Evolve](#), and has appeared on hundreds of TV programs including [The Dr. Oz Show](#), [CTV News](#), [Global TV](#), [The Social](#), [Canada AM](#) and [CBC Radio](#).

Julie loves to share! You can find out all she has to offer on her website ([JulieDaniluk.com](#)) and watch for her articles in publications such as [Chatelaine Magazine](#), [Reader's Digest](#), [Vitality](#), [Alive](#), [Canadian Living](#) and [Vista](#). Be sure to connect directly with Julie on Facebook, by tagging @juliedaniluk on Twitter and Instagram, and subscribing to her Meals That Heal TV Youtube channel.

HOT Detox

Julie Daniluk | [juliedaniluk.com](#)