



# JAIME ROSE CHAMBERS

NUTRITIONIST, DIETITIAN & COOK

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**JAIME IS PASSIONATE ABOUT EVERY ASPECT OF FOOD; HOW IT'S GROWN, PRODUCED AND PACKAGED; HOW IT BRINGS PEOPLE TOGETHER AND MAKES THEM FEEL; AND HOW IT AFFECTS OUR BODIES AND HEALTH.**

Jaime is an Accredited Practising Dietitian (APD) and Nutritionist who holds a Bachelor of Nutrition & Dietetics from the University of Newcastle and a Graduate Diploma in Clinical Science (Complementary Therapies). A lover of food, Jaime considered a career as a chef and a doctor before deciding to combine her two passions, food and health.

Today her days are spent helping her patients understand their food behaviours, patterns in their eating, dietary challenges and how they can work towards a happier and healthier future whilst still being able to enjoy the foods they love.

Jaime works with a wide range of patients across a range of conditions including overweight and obesity, high cholesterol, blood pressure and heart disease, diabetes and insulin resistance, food allergies and intolerances, polycystic ovarian syndrome and other hormonal issues as well as some cancers.

She is passionate about children's health, particularly now as the mother of 2 boys and has previously worked as a Nutrition Leader for Go4Fun, an NSW Government project targeted at improving the overall health and

wellbeing of overweight and obese children aged 7 to 13, by educating both them and their parents.

She is strongly affiliated with the Prostate Cancer Centre at St Vincent's Hospital and speaks at support groups for individuals with prostate and breast cancer.

She is a well-respected voice in diet and nutrition, and has authored two bestselling books on the 16:8 Intermittent Fasting protocol.

Her latest book, which is also published by Pan MacMillan, *The Peri Diet*, is a comprehensive guide to eating for a happy and healthy perimenopause—and beyond.

She has delivered a number of corporate seminars on various nutrition topics, is a regular contributor to publications such as *Body + Soul*, appears regularly on *The Today Show*, *Today Extra* and *A Current Affair*.

Jaime is available for all types of media and PR opportunities, TV and radio presenting, recipe creation, cooking demonstrations, appearances, events, corporate speaking and training.

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