

Emma Sutherland



Emma Sutherland is a successful naturopath and TV presenter and her mission in life is to inspire women to get their mojo back. She is the expert nutritionist in a premier show on LifeStyle You in 2011 called "Eat Yourself Sexy". Inspiring and uplifting, Eat Yourself Sexy encourages women to take control of their lives and get back on the road to loving themselves.

The series follows the stories of eight women, one per episode, as they transform their bodies and find the power to reignite their relationships with the help of a team of experts. From the salad dodging housewife whose libido has gone missing to the frantic mum-of-three who never has time for herself, this series will help Australian women lose weight, regain health and reclaim their long-lost mojo once and for all.

"The show is about educating and supporting women to get their mojo back, something every woman needs! Instead of eating themselves UNsexy with radical diets and unrealistic goals, I coach the women how to optimise their health through practical diet and lifestyle changes. It was an incredible amount of fun and the women achieved amazing results!"

Emma was resident Naturopath on the TV show "The Daily" with Bianca Dye and Susie Elelman in 2010 and she featured regularly, speaking from the impacts of salt, to fertility to men's health.

Emma is a regular media commentator and she has been extensively featured in radio and print media. Her areas of knowledge are incredible and her opinions are regularly sought out by many people. Emma continues her education by attending the latest seminars on cutting edge research and this ensures that she is an excellent source of information.

Emma has featured in print media such as Marie Claire, Body and Soul, New Idea, Sunday Telegraph, Sydney Morning Herald and MX. Her radio experience covers 2SSR, MIX FM and a regular health spot on Mike Goldman's show in 2010 and Bianca Dye's show in 2011. Emma's online presence is huge and in her popular blog (www.healthequalsvitality.com.au/blog) she reveals the latest research information, recipes from her upcoming book as well as tips and tricks to a life filled with Mojo.

For more information: www.emmasutherland.com.au



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