MEDICAL ADVISORY BOARD

Member Bios: Elizabeth Somer, MA, RD

**Summary Paragraph:**

Elizabeth Somer, MA, RD, is a certified dietitian and a leading expert on nutritional health. She is a trusted advisor to many shows and publications, as well as an accomplished and awarded author, who has written over 300 articles and nine top-selling books. She is a public speaker and frequent guest on many popular television programs, such as The View, The Today Show, The Dr. Oz Show, and has even interviewed Michelle Obama! With over 35 years of experience, she is a well-researched professional who is currently an Advisory Board Member to Shape Magazine and a Nutrition Advisor to Prevention Magazine, as well as the owner of Nutrition Communications. Elizabeth received her BS from Oregon State University in Nutritional Science in 1979, and went on to earn her MA from The Ohio State University in Health Education in 1982. She has also completed doctoral work at the University of Oregon. As a trusted resource in nutritional health with a wealth of knowledge and experience, we are excited to have her as a member of Persona’s Medical Advisory Board.

**Comprehensive Biography:**

As a leading expert in nutrition and a certified dietitian, Elizabeth Somer, MA, RD, is widely known for her appearances on The Today Show, NBC, CBS, and ABC. She’s also interviewed Michelle Obama on The Today Show. With over 35 years of experience in nutritional health, Elizabeth has published several books that have been hit sellers, has been featured in many top publications, and has been able to use her influence as a platform to help people make simple changes that positively impact their lives. As a trusted resource in nutritional health with a wealth of knowledge and experience, we are excited to have her as a member of the Persona Medical Advisory Board!

With more than 35 years of experience as a dietitian, specializing in nutritional health, Elizabeth is a trusted Advisor, Health Consultant, Media Personality, Spokesperson, and is an accomplished author. She frequently appears on her local cable station, as well as major networks, such as The View, The Dr. Oz Show, and has her own PBS Program: Age-Proof Your Body. She has written over 300 articles and has been featured in many well-known publications, such as Shape, Men’s Fitness, Self, Prevention, Better Homes & Gardens, among countless others.

Currently serving as an Advisory Board Member to Shape Magazine and a Nutrition Advisor to Prevention Magazine, Elizabeth is a trusted resource who is well-researched and dedicated to serving the public by sharing her nutritional expertise. She currently owns a company called Nutrition Communications and is also the Editor-in-Chief of Nutrition Alert!, which is a newsletter that compiles the latest nutrition research from over 6,000 journals. As a consultant to the Beautiful Minds: Finding Your Lifelong Potential campaign, Elizabeth is actively involved in promoting the health and well-being of others. She has also been a Nutrition Correspondent for Good Morning America, and NBC’s Later Today.

Elizabeth received her BS from Oregon State University in Nutritional Science in 1979, and went on to earn her MA from The Ohio State University in Health Education in 1982. She has also completed doctoral work at the University of Oregon. Enthusiastic to share her knowledge with the world, Elizabeth has also taught college-level courses at Willamette University, Ohio State, Western Oregon University, Linfield College in Oregon, and University of California at San Diego’s Extension Program.

With a passion for providing information that makes healthy lifestyle choices realistic and attainable, Elizabeth has utilized her influence as a public figure to share her knowledge. Recognized for her insight and success, Elizabeth has received numerous awards and scholarships, including the National Mature Media Merit Award for an article featured in Living Fit magazine.

Elizabeth believes that living a healthy and nutritious lifestyle with your family is attainable, as well as fun and easy, with the right foods. She lives in the countryside of Oregon with her two children, and is actively involved in many activities and hobbies. She specializes on making nutritional and lifestyle information available to families, who like hers, are leading busy and demanding lives – being able to provide smart solutions that help these families stay strong, healthy, and vibrant is incredibly meaningful to her.