

Lisa Powell has an amazing ability to synthesize even the most complex nutritional concepts into something everyone can understand. Proficient, current and well-rounded in her knowledge of nutritional biochemistry, food and supplements, Lisa tells it like it is in the ever-changing world of nutrition.

A member of the Canyon Ranch Nutrition department since 1988 – an area she has directed for more than 14 years – Lisa has also served as a contributing nutrition editor for *Self* magazine, nutrition editor for a medical reference software company, and nutrition consultant for new products development for Chiquita International. She is a contributing writer to many nutrition articles, workbooks and cookbooks – and has appeared as a nutrition spokesperson on *Good Morning America*, *Travel Network*, *CNN* and *The Food Network*.

Lisa's areas of expertise include integrative nutrition, preventive & wellness nutrition, supplements, women's health and cardiovascular nutrition. Her current passion is the emerging new science of nutritional genomics, using genetic markers to determine optimal nutrition strategies. Lisa's erudite and definitive nature has helped many people address a wide range of health concerns – and achieve nutritional wellness.

Topics

SUCCESSFUL STRATEGIES FOR PERMANENT WEIGHT LOSS

Learn research-proven strategies that have helped thousands of people achieve and sustain healthy weight – including tips on lifestyle factors, hunger management and portion control that will allow you to keep weight off for years.

BREAST CANCER: REDUCING YOUR RISK

One in seven women will develop breast cancer in the U.S. What can women do to reduce their risk? Lisa speaks as a nutritionist as well as a breast cancer survivor when she discusses lifestyle choices that may be associated with decreased risk and increased survival.

QUENCHING THE SMOLDERING FIRE

Inflammation is a natural part of the healing and immune processes within our bodies, but if unchecked, inflammation contributes to many chronic conditions, such as heart disease, diabetes, arthritis and autoimmune disorders. Our modern diet predisposes us towards inflammation. Learn from Lisa which foods and nutritional supplements can help modulate inflammation and “turn down the heat.”



CREDENTIALS

Master's degree in
Nutritional Science,
University of Arizona

Registered Dietitian

Member, American
Dietetic Association

Member, Sports,
Cardiovascular &
Wellness Nutrition
Practice Group

Member, Nutrition in
Complementary Care
Practice Group

Member, Food & Culinary
Professionals Practice
Group



*Lisa not only extols the
nutritional benefits of fish,
she enjoys diving with them.*

Image Courtesy of Stuart Cove Dives, Bahamas.

Lisa Powell, M.S., R.D.

THE ABC'S OF VITAMIN D

Beyond its important role in maintaining healthy bone density, recent research has discovered amazing roles for Vitamin D. As Lisa will tell you, it's far more important for good health and disease prevention than we ever imagined. Learn about food sources and the best supplement of this critical nutrient.

CHOCOLATE: FOOD OF THE GODS

Did you know chocolate was once used as currency in some cultures? Explore with Lisa the exotic history of chocolate and learn about the health-promoting (*yes, really!*) properties of this delectable food.

NEURONUTRITION: FOOD FOR THOUGHT

Aging does not necessarily mean progressive loss of brain function. Many nutrients play a role in maintaining healthy brain function across the life span. Lisa reveals which food and nutritional supplements improve known risk factors for neurological decline.

CANYONRANCH®

The Power of Possibility®

canyonranchspeakers.com

Please call to inquire about speaker availability and fees.
800-975-8880, Ext. 4311