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Julie is a Registered Nutritionist and host of Healthy Gourmet, a reality cooking show aired in over 70 countries.

A highly-sought-after anti-inflammatory expert and speaker, Julie is an award-winning author of 4 bestselling books. Her latest book *Becoming Sugar-free* became a #1 National bestseller in less than a month after release.

Julie's passion is to speak in venues around North America where she blends her skills and experience in fun and positive ways to provide breakthrough results with her audiences.

After graduating from the Canadian School of Natural Nutrition and the Institute for the Psychology of Eating, she studied culinary arts at George Brown College, herbalism at Emerson Herbal College, and life coaching with Tony Robbins.

Julie has appeared on hundreds of TV programs including The Dr. Oz Show, Evolve with John Edward, CTV News, Global TV, The Social, Canada AM and CBC Radio. You may know her best as a resident nutrition expert for the #1 Canadian Daytime TV show, The Marilyn Denis Show.

Be sure to check out her Thrive Hive online community at [JulieDaniluk.com](http://www.juliedaniluk.com/) and follow her on [Facebook](https://www.facebook.com/juliedaniluknutrition/), [Twitter](https://twitter.com/JulieDaniluk), [Instagram](https://www.instagram.com/juliedaniluk/), and [Youtube](https://www.youtube.com/channel/UC5rDkDBPpg7nCTn64vga7oQ?view_as=subscriber).

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