



Media Appearances

- FOX Rochester
- Eat This, Not That
- VeryWell Health
- Vegetarian Times
- Tasty Bites Magazine
- The Power Thread
- Good Day Rochester
- Fitbit
- The Healthy
- Life&Thyme
- Cut Media

Elizabeth regularly engages with men and women ages 20-50 years old.

- Providing cutting-edge health, nutrition, and wellness advice and dismantling health confusion all while making learning fun!
- Helping improve mental and emotional wellbeing to assist viewers to get unstuck, gain clarity, and achieve their goals

Audience



3,000
SOCIAL
FOLLOWERS

87%
WOMEN

1,542%
ENGAGEMENT
RATE

24.7K
MONTHLY
REACH

10K
WEEKLY
REACH

Media Coverage

- Hormonal Health
- Gut Health & Skin Health
- Mental Wellbeing & Nutrition Psychiatry
- Health Mindset & Paradigm Shifts
- Health Lifestyle: Stress Management, Physical Activity, Sleep Hygiene, Hydration
- Functional Nutrition & Integrative Medicine
- Intuitive Eating & Body Acceptance
- Personalized Nutrition
- General Health & Wellness

Elizabeth Gunner | www.elizabethgunner.com



I'm Elizabeth Gunner

Board certified Registered Dietitian Nutritionist (RDN), Media Personality, and Speaker.



About me

Elizabeth encompasses an intense curiosity about the world and has been able to successfully leverage that curiosity to explore many avenues of the health and wellness space. Elizabeth has appeared on TV News, blogs, articles, podcasts, and magazines as she continues to advocate for and educate others on how to achieve optimal wellness.



Elizabeth holds her bachelors degree from Cornell University and has appeared on national media outlets nation-wide

I expect see you soon!

+1585-519-3399
www.elizabethgunner.com
gunnerelizabeth14@gmail.com
[@thebiodiversitydiet](https://www.instagram.com/thebiodiversitydiet)

Elizabeth Gunner | www.elizabethgunner.com