

DR. LORI SHEMEK, the best-selling author of *“Fire-Up Your Fat Burn!* and leading health and weight loss expert, is also known as “The Inflammation Terminator” She has made it her mission to help clients lose weight and educate the public on the toxic effects of certain foods and lifestyle choices and how they create inflammation in the body resulting in weight gain. She is a leading authority on inflammation and its role in weight loss, preventing disease and optimizing health.

The Huffington Post has recognized Dr. Shemek twice as one of the *Top 16 Health and Fitness Experts* alongside such names as Dr. Oz and David Zinczenko author of ‘Eat This, Not That’ and the Huffington Post has also recognized her as one of the *Top 35 Diet and Nutrition Experts*. Lori is a regular health contributor to *Fox News*; she is also a health expert for the ABC TV show, *Good Morning Texas*.

Dr. Shemek holds a Doctorate in Psychology; she is a Certified Nutritional Consultant and a Certified Life Coach.

She has been a featured guest on numerous radio talk shows as well as TV; she has been interviewed in Ladies Home Journal, Shape Magazine, Woman’s Day Magazine, Health Magazine, I-Village, Yahoo, Livestrong, CNN, Fox News, The Ricki Lake Show – Friends of Ricki and many others. Lori has authored numerous articles and is actively doing speaking engagements for events, organizations, large and small.