



Lori Shemek, PhD CNC is a leading fat cell researcher, health expert, weight loss expert, keynote speaker, award-winning author and recognized authority on inflammation and its role in weight loss, preventing disease and optimizing health. Dr. Shemek is the bestselling author of *How To Fight FATflammation! (HarperCollins)*; *Fire-Up Your Fat Burn! Beginner's Guide to Intermittent Fasting* and *The Ketogenic Key*.

Dr. Lori Shemek has been featured in or on CBS The Doctors TV, ABC TV show Good Morning Texas health expert, has been featured on CNN, Time, NPR and Fox News, The Ricki Lake Show, Oprah.com, Dr. Oz's Good Life Magazine, NBC Today, Health, Shape, Woman's Day, Prevention, Redbook, Ladies Home Journal, Men's Health, The Huffington Post, Closer Magazine, Yahoo.com, Fitness Magazine, Everyday Health, Eat This, Not That!, Bustle, Consumer Health Digest and numerous others, including national syndicated radio such as Fox News Radio.

Dr. Shemek is known as "The Inflammation Terminator" She has made it her mission to 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 and poor health.

The Huffington Post has recognized Dr. Shemek twice as one of the *Top 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 Diet and Nutrition Experts*.

GlobalData has also recognized Dr. Lori Shemek as the #1 Top 10 Health & Wellness Global Influencer in 2020.

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

Keynote Speaker: U.S. Army 2019, 2020; Joel Osteen/Lakewood Church 2017, 2018; Kaufmann Symphony Hall - Health Conference; Global Health Summit - 2013, 2014, 2015, 2016; Osteoporosis Society; Weekly Fitness Challenge - Multi-State Tour – 2015, 2016, 2017; Chicago School Districts, Dallas Nutrition Org., including many others.

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SHORT BIO

Dr. Lori Shemek is a leading fat cell researcher and recognized authority on inflammation and its role in weight loss, preventing disease and optimizing health.

Dr. Shemek is the bestselling author of *'How To Fight FATflammation!'* with HarperCollins and the bestselling author of *"Fire-Up Your Fat Burn!'* She is a leading health and weight loss expert and 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 the Huffington Post has also recognized her as one of the *Top 35 Diet and Nutrition Experts*

Dr. Shemek has been featured on CNN and Fox News, and in Dr. Oz's Best Life Magazine, Health, Shape, Woman's Day, Redbook, Ladies Home Journal, and numerous others.

Dr. Lori Shemek is well known as a pioneer in creating global awareness of low-level inflammation and how it is responsible for and the core cause of most illness, disease, faster aging and weight gain. She's been talking about inflammation long before it was a buzz word. Dr. Lori has uncovered the pathway to the core cause of weight: inflamed fat cells that not only promote unwanted excess weight gain and belly fat, but poor health as well.

Dr. Lori is a Nutrition and Weight Loss expert, a best-selling author and specializes in weight loss resistance. She has helped many people to once and for all lose the weight and feel better fast. She shows people how to spot sneaky foods that create weight gain, to kick sugar addiction to the curb, and shift from eating the wrong foods to the exact foods that burn fat. Learn more at drlorishemek.com