



**Desiree Nielsen, RD**

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Ms. Nielsen is a registered dietitian based in Vancouver, British Columbia. She is the author of *Un-Junk Your Diet: How to Shop, Cook and Eat to Fight Inflammation, Feel Better Forever* and the upcoming *Eat More Plants* (August 2019). She is also the host of *The Urban Vegetarian*, a cooking show on GustoTV. Ms. Nielsen is a frequent contributor to local and national media outlets, including GlobalTV BC, Breakfast Television Vancouver, *Chatelaine* magazine and Huffington Post. Passionate about integrative therapeutic approaches to nutrition, she maintains a nutrition practice with a focus on digestive health, plant-based diets and anti-inflammatory nutrition. Ms. Nielsen's new app, MyHealthyGut, is an evidence-based resource for those looking to improve their digestive health.