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Speaking Topics for 2010 & 2011

New for 2010:

White Space and Fresh Paint: Unclutter Your Life to Reveal Your Best Self

CPE Category 2 (60 minutes. Suitable for Keynote and webinar format) (Codes: 1010, 1120)

Summary: In today's economy, it can be tempting to accept every job that comes your way. Yet you may actually be sabotaging your efforts by taking on more work than you can manage. How can you assess what you should or should not be expending your life's energy on? Learn a simple process that can help you begin sorting out your options.

Objectives: Participants who attend this session will:

1. Be able to apply the concept of "white space" to their lives and careers
2. Learn a process of task and project evaluation to evaluate priorities and set personal and career goals
3. Be able to identify three personal and business alliances to help reach their goals

Helping Interstitial Cystitis Patients Make Confident Dietary Choices

CPE Category 1 (60 minute workshop or webinar) (Codes: 5090, 5110, 5420, 5460)

Summary: New research estimates three to eight million women and one to four million men in the United States may have Interstitial Cystitis, also called IC, a life altering and painful bladder condition. Over 92% of IC patients say that various food and beverages can increase their symptoms and over 84% of patients surveyed said that modifying their diet improves their quality of life. This makes dietary intervention the most successful treatment available. Dietitians can play a key role in helping IC patients control their symptoms by teaching patients various dietary and lifestyle modification techniques.

Objectives: Participants who attend this session will:

1. Be able to describe the epidemiology of interstitial cystitis (IC) including the prevalence of IC and the three cardinal symptoms of IC, and be able to differentiate IC from other urinary tract disorders.
2. Be able to describe previous and emerging research regarding IC and dietary modification.
3. Be able to list the ten most common trigger foods for IC patients, describe the elimination diet process used when counseling an IC patient, and
4. Be able to sort out nutrition supplements that are often advertised to relieve IC symptoms.

You CAN Write a Book!

CPE Category II (60 minute seminar or webinar.) (Codes: 1010, 1020, 1140, 7070, 7120)

Summary: Do you dream about being an author? Does the idea of seeing your name in print give you a secret thrill? Are you tired of seeing random celebrities becoming “nutrition experts” just because their name and face are on the latest diet book? Then this program is for you! Get ready for a whirlwind lesson on the emerging world of self-publishing.

Objectives: Participants who attend this session will:

1. Be able to identify at least one area of personal expertise suitable for self-publishing.
2. Be able to identify resources for copy editing, procuring graphics and creating cover art.
3. Be able to navigate an online self-publishing tool.
4. Be able to identify opportunities for selling self-published materials including distributors, bookstores, conferences, e-publishing, and online booksellers.

Ten Things I Learned Along the Way: A Dietitian’s Journey as a Communicator

CPE Category 2 (60 minutes. Suitable for Keynote, can be adapted for webinar) (Codes: 1010, 1020, 1070, 1130, 1140, 6050, 7070, 7120)

Summary: Look around you. There is no sign of a recession in the wellness industry. Each year over 50 BILLION dollars are spent in this country by people wanting to become more fit, feel better, and find quick fixes to their chronic disease problems. Even if we share some of that with the exercise specialists, those dollars have the potential to be worth over \$250,000 per RD in the US alone. Find out how YOU can get your piece of the wellness pie!

Objectives: Participants who attend this session will:

1. Be able to identify three key skills they would like to develop that will help them become better nutrition communicators.
2. Write a self-contract to promote themselves and other dietitians as “the” nutrition experts.
3. Be able to identify three ways to generate additional income as a dietitian outside their everyday jobs.