



STARRS  
505 Sheffield Court  
Cranberry Township, PA 16066  
(724) 355-0786

Contact: Lindsay Winkler  
Public Relations Writer  
(724) 766-5216  
lwinkler@starrs.com



*Dr. Christine Gerbstadt*

BORN: 1957 in San Jose, California

RESIDENCE: Sarasota, FL

HEIGHT: 5'4

WEIGHT 128 lbs.

PROFESSION: Practicing Physician and a Registered Dietitian

**Education:**

Dr. Gerbstadt received her Bachelors of Science degree in Nutrition from Pennsylvania State University. She received her Master of Public Health in Community Nutrition from the University of California at Berkeley. Gerbstadt holds a Doctor of Medicine from Medical College of Pennsylvania. She completed an internship in Internal Medicine at the Medical College of Pennsylvania. Dr. Gerbstadt also did her residency training in Anesthesiology at Harvard Medical School's Brigham and Women's Hospital in Boston, and Pediatric Anesthesiology Fellowship at the Children's Hospital of Pittsburgh.

**Areas of Expertise:**

- Diabetes
- Elderly Nutrition
- High Blood Pressure and Hypertension
- Sports Nutrition and Fitness
- Weight loss and Management

**Author of:**

- *Doctor's Detox Diet: The Ultimate Weight Loss Prescription*

**Clients and Media:**

- The Dr. Oz Show
- Healthy Flavors cooking show
- Tampa Bay 10
- CBS 10 Philadelphia
- WebMD
- New York Times
- Washington Post
- Chicago Tribune
- SELF Magazine
- Prevention Magazine