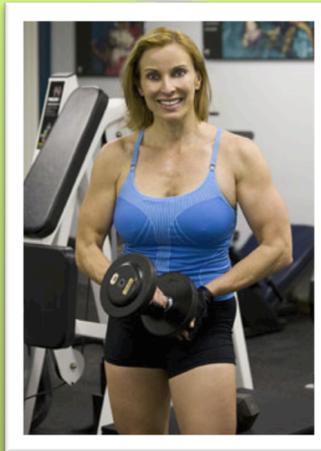


Nutronics Doctor's Detox Diet: The Ultimate Weight Loss Prescription

Dr. Gerbstadt has founded the company Nutronics and authored the book *Doctor's Detox Diet: The Ultimate Weight Loss Prescription*. This book outlines a special diet created by Dr. Gerbstadt that helps to promote diet and fitness in a way that makes for a healthier individual. Dr. Gerbstadt has also initiated contact with her followers through Twitter and a blog that she has on her Nutronics website.



STARRS

STARRS stands for strength, talent, attitude, respect, resilience, and spirituality. Sharon Peifer founded the non-profit organization in 2009. STARRS was developed to teach young girls, ages 7-10, that everything they see in the media, appearance wise, is not always in their best interest. The program could be taught as an after school activity, during Girl Scout meetings, etc.

STARRS

505 Sheffield Court Cranberry Twp, PA 16066
www.reach4starrs.org



Dr. Christine
Gerbstadt,
MD, RD

Featured Speaker

Self-Image, Self-Esteem &
Nutrition

Background

Practicing both as a dietician and a physician, Dr. Gerbstadt is an influence to the many lives that she has touched. She earned her Masters in Public Health from the University of California at Berkeley, and then went on to earn her Doctor of Medicine from the Medical University of Pennsylvania. Dr. Gerbstadt is certified by the American Board of Anesthesiology and did her residency at Harvard Medical School.



“Fitness must come from an internal desire.”



From an early age, Dr. Gerbstadt was fascinated with fitness and exercise. Although she was never the best of the best at any particular sport, she was found a passion in fitness, and it never left her. While she received much criticism from family and friends because they felt that she would develop a masculine-looking body, Dr. Gerbstadt continued to exercise and to pursue her passion through education and through exercising.

Dr. Gerbstadt has also provided much insight on her on personal experiences when it comes to diet and exercise. She strongly believes that doctors are not always needed to cure the world's illnesses, but rather, that the body should be able to heal itself if one treats the body the right way. To her, that means avoiding fried foods, and concentrating on eating correctly. Dr. Gerstradt offers a slightly liberal viewpoint on weight gain, and she believes that weight gain is just something that occurs naturally due to a decrease in vigilance as we age.

The passion for exercise and fitness has been shown in the past few years in the accomplishments that Dr. Gerbstadt has under her belt. She has competed and completed several triathlons and marathons. Those include the Boston Marathon in 2000, 2007, and most recently in 2011. Stemming from her passion for health and exercise, Dr. Gerbstadt has gone on to found the nutrition company Nutronics and is also the author of the book *Doctor's Detox Diet: The Ultimate Weight Loss*