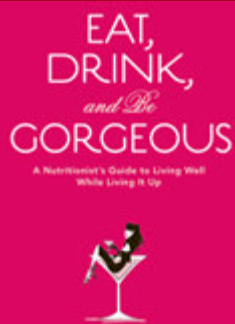




“A lusty, sensual ‘diet book’ for real people.”
– Jonny Bowden

“A superbly hip guide to staying healthy...”
– Robert Crayhon



SPEAKING TOPICS

- Put the fun back in eating—life is too short to be on a diet the whole time!
- Have a beautiful body from the **INSIDE OUT!**
- Choose the right vitamins!
- Learn that your body may be a temple, but who says it can't be a nightclub?

FOOD FASHIONISTA

Esther has 15 years of counseling thousands of men and women, factoring in physical, emotional, and psychological needs for balanced, healthy results. She's terrific for audiences sick of food deprivation and boring gym routines.

Esther has been on *The Today Show*, the Style Network's *ISAAC show*, *ABC-TV*, *FOX- 5's Good Day NY*, *Fox News Live*, *CW11 Morning News*, *Martha Stewart Radio*, *Lime Radio*, and *Bloomberg Radio*. She's frequently called upon by *The NY Post*, *In Style*, *Body and Soul*, *Blueprint*, *Marie Claire*, *Fitness*, *Bazaar*, *Self*, *Men's Health*, *Let's Live!*, and *Health*.

“For a compassionate, flexible and trustworthy guide, check out Eat, Drink, and Be Gorgeous. Not only is Eat, Drink fun and funny, it's actually encouraging, sensible and written with the average (change-averse, willpower-deficient, sweet-toothed) person in mind.”
-Publishers Weekly

FILL-OSOPY

“If you approach your eating lifestyle with fun, passion and creative energy, you will carry that same enthusiasm across all realms of your life.” As a Registered Dietitian and Holistic Nutritionist (B.S. and M.S.), Esther works to achieve her client's mission of living a healthy life – and make it as enjoyable as possible! She empowers her audience to learn hunger and fullness cues, and the emotional aspects of eating behaviors. She balances the good life with a dose of reality - and this has given her quite a following.

AFFILIATIONS

Member of the American Dietetic Association, the Certification Board for Nutrition Specialists, the Greater New York Dietetic Association, and Nutritionists in Complementary Care.