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## Media Briefing Speaker Biographies

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### OUR EXPERTS



**Dr. Zhaoping Li**, a professor of medicine, is the director of the UCLA Center for Human Nutrition and Chief of the Division of Clinical Nutrition in the Department of Medicine, at both the David Geffen School of Medicine at UCLA and VA Greater Los Angeles Health Care System. She is board certified in Internal Medicine and is a Physician Nutrition Specialist. Dr. Li's primary areas of research are obesity treatment and prevention; the role of nutrition, phytochemicals, and botanical dietary supplements in the prevention and treatment of metabolic disease; common forms of cancer and cardiovascular disease. She has published over 150 peer-reviewed papers in journals such as *JAMA*, *Annals of Internal Medicine*, *American Journal of Clinical Nutrition* and *Journal of the American Dietetic Association*.



**Dr. Ge Sheng** is the chief physician and director of Clinical Nutrition at Shanghai Sixth People's Hospital, Shanghai Jiao Tong University. She specializes in nutrition treatments for various diseases including diabetes, kidney disease and obesity. She is a trustee of the Shanghai Nutrition Society and lead researcher in American Pistachio Growers' gestational diabetes study. Dr. Ge also serves as council member for the Chinese Nutrition Society and Shanghai Nutrition Society; vice-chairman for Nutrition Community, Chinese Medical Doctor Association; and committee member for Science Popularization Branch of Chinese Medical Association.



**Mike Roussell, PhD** is a nationally renowned nutrition consultant, author and advisor. He is best known for his ability to interpret and convey complex scientific research and concepts into usable and practical information for not just health-conscious individuals but mass multimedia and health professionals. As a scientist, Dr. Roussell's research on nutrition and cardio metabolic disease has been published in leading nutrition research journals. He has also authored five nutrition and health related books.



**Trista Sutter** was the runner-up on the first season of the ABC reality television show *The Bachelor*, before becoming the original star of its companion show *The Bachelorette*. Watched by over 30 million viewers, she accepted Ryan Sutter's proposal, on the finale, and they were married on Dec. 6, 2003. Trista's shocking diagnosis of gestational diabetes during her first pregnancy turned her fairy tale life into a potentially frightening reality. Thankfully, the Sutters now have two healthy children and reside in the mountains near Vail, Colorado. Trista is also the author of *Happily Ever After: The Life-Changing Power of a Grateful Heart*, a TedxVail speaker, the lifestyle editor for *Beverly Hills Lifestyle* magazine, a SheLift board member, as well as the creator of her Grateful Heart Collection with GloryHaus.