



BIOGRAPHY

MELINA JAMPOLIS, MD

Dr. Jampolis is an internist and board certified physician nutrition specialist (one of only a several hundred practicing in the United States). She specializes exclusively in nutrition for weight loss, disease prevention and treatment.

A graduate of Tufts University and Tufts School of Medicine, Dr. Melina completed her residency in Internal Medicine at Santa Clara Valley Medical Center, a Stanford University teaching hospital. She is the Immediate Past President of National Board of Physician Nutrition Specialists. Dr. Melina previously hosted a program on the Discovery Network's FIT TV titled "Fit TV's Diet Doctor" and is the former diet and fitness expert for CNNHealth.com.

Check out her latest book: **The Doctor On Demand Diet**. The Doctor On Demand diet provides a customized eating, exercise and behavioral plan that optimizes your chances of success without forcing you to eliminate any major food groups. Additional books include, **The Calendar Diet**, a month by month guide to losing weight while living your life, was released in March 2012. Her first book, **The No-Time-to-Lose-Diet**, was released in January 2007 and the paperback version, **The Busy Person's Guide to Permanent Weight Loss** was released in May 2008.

Dr. Melina is a highly sought after public speaker and lectures throughout the country on nutrition for weight loss and optimal health. She has been interviewed by USA Today, USA Weekend, Us World & News Report, New York Post, Family Circle, Prevention, WashingtonPost.com, Better Homes & Gardens, Glamour.com, Forbes.com, Ladies Home Journal, First for Women, Women's World, Alternative Medicine Magazine, Women's Health, Health, Clean Eating, Baby Talk, and more on nutrition and weight loss related topics. She appears frequently on The Doctors and has appeared numerous times on Live with Regis and Kelly as well as the Today show, Dr. Oz. show, The Talk, CNN, FOX News channel, FOX Business Network, and numerous local television and radio stations including ABC, NBC, FOX, KGO radio and KRON-4 news.

Dr. Jampolis lives in Los Angeles with her husband and two children and maintains a small private practice in San Francisco and Los Angeles. She believes whole-heartedly in the role of nutrition in preventative medicine and achieving optimal health. She teaches a balanced and sustainable lifestyle based eating and exercise program and has helped thousands clients over the past decade improve their health and well-being.

She is dedicated to the treatment and prevention of childhood obesity, particularly in the low income, minority population. Her volunteer work includes helping to launch a health food pantry in the Hunter's point neighborhood of San Francisco, and bi-weekly family nutrition and obesity counseling sessions at the Bresee Foundation in Los Angeles, a center for low income, minority children. She also serves on the advisory board of schoolmenu.com which helps provide parents with tools to raise healthier kids.

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