

# Marni Wasserman

Get Inspired to Eat Well and Live Well



## Media Kit





MARNI WASSERMAN

*Nutritionist, Writer and Speaker*

## Meet Marni Wasserman

SIMPLY SAID, MARNI WASSERMAN'S LIFE IS ROOTED IN HEALTHY LIVING. SHE IS NOT ONLY A NUTRITIONIST AND A CHEF, BUT ALSO THE CO-HOST OF THE HIGHLY ACCLAIMED HIT PODCAST [THE ULTIMATE HEALTH PODCAST](#).

MARNI USES PASSION AND EXPERIENCE TO EDUCATE INDIVIDUALS ON HOW TO ADOPT A WHOLESOME REAL FOOD DIET AND A BALANCED LIFESTYLE THROUGH SIMPLE STRATEGIES.

## Author & Public Speaker

AS A PUBLIC SPEAKER AND EDUCATOR, MARNI FOCUSES ON SOME KEY POINTS TO HELP PEOPLE IMPLEMENT THEIR HEALTH GOALS.



HOW TO ADOPT A REALISTIC DIET AND LIFESTYLE THAT IS BASED ON WHOLE FOODS.  
FOCUS ON GRAIN-FREE LIVING, WITH AN EMPHASIS ON HIGH HEALTHY FATS AND LOTS OF VEGGIES!  
HOW TO CREATE A LIFESTYLE THAT IS BALANCED AND WELL ROUNDED.  
DIET TRANSFORMATIONS FROM VEGAN TO PALEO AND EVERYTHING IN BETWEEN.  
HOW TO MANAGE AN AUTOIMMUNE CONDITION THROUGH NATURAL HEALTH AND LIFESTYLE STRATEGIES.  
HOW TO CREATE A BALANCED AND WELL ROUNDED LIFESTYLE THAT SUPPORTS ULTIMATE HEALTH.

MARNI IS THE AUTHOR OF [FERMENTING FOR DUMMIES](#) AND [PLANT-BASED DIET FOR DUMMIES](#). MARNI'S EXTENSIVE KNOWLEDGE, CONVEYED IN A CLEAR AND PLAYFUL TONE, MAKES HER THE PERFECT EXPERT FOR FEATURED BLOGS, BOOKS, ARTICLES, SOCIAL MEDIA, SPEAKING ENGAGEMENTS AND PODCASTS.

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YOU CAN CONTACT MARNI BY VISITING HER WEBSITE

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