

# DR SHY PhD APD

Women's Health Dietitian • PhD Food Scientist • Media/Brand Nutritionist (Perth, WA)

Media: [25 National TV segments](#) | [International Features](#) | Email: meetdrshy@gmail.com



*Life is complicated. Food doesn't have to be.*

## WHAT I COVER

- Fertility & preconception
- Pregnancy
- Midlife (Perimenopause and menopause)
- Weight & metabolic health (incl. GLP-1 support + bariatric aftercare)
- Everyday Nutrition (practical swaps, snacks, no fear mongering)
- Diet trends and myths
- Culinary Nutrition

## TESTIMONIAL

“Dr Shy played an integral part in our TV series Our State on a Plate. The series promotes local food producers and encourages healthy eating habits and Dr Shy’s expert advice on understanding what you’re eating quickly built her a strong following. The educational aspect she brought to the show is hugely valued by our audience. Dr Shy is always welcome back to share her sage, science-backed advice.”

— [Trevor Cochrane  
CEO, Guru Productions  
TV Executive Producer, Horticulturist & Founder of  
The Garden Gurus]

## AS SEEN IN

WOMEN'S WEEKLY

BODY+SOUL



## WHAT I CAN SUPPORT

Expert quotes • On-camera talent • Evidence checks • Script/copy review • Product/label commentary • Brand spokesperson • Trade shows and Event panels

## WORKING STYLE

Clear, calm, evidence-based messaging that translates well for audiences and protects brand reputation. Fast turnaround, producer-friendly

## PAST COLLABORATIONS



GRAINS & LEGUMES  
NUTRITION COUNCIL



Sandalwood  
NUT COMPANY



Government of Western Australia  
Department of Primary Industries  
and Regional Development

