

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

AS SEEN IN

[WomensWeekly](#)

[BODY+SOUL](#)



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]

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

