

DR SHY PhD APD

Women's Health Dietitian • PhD Food Scientist • Media & Brand Nutrition Expert (Perth, WA)

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

ABOUT

Dr Shy Vishnumohan is a PhD-trained food scientist and Accredited Practising Dietitian specialising in women's health. She is known for translating complex nutrition science into calm, practical guidance across fertility, pregnancy, midlife, GLP-1 support and everyday nutrition - in a way that connects with audiences and works in real life.

With experience across national TV, digital media and selected professional collaborations, Dr Shy brings both clinical credibility and clear communication to every project.



FOCUS AREAS

Women's health

- Fertility
- Pregnancy
- Midlife (Perimenopause & Menopause)

Weight & metabolic health

- GLP-1 Nutrition care

Everyday nutrition

- Practical swaps
- Myths & diet trends
- Culinary nutrition

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

AS SEEN ON



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]

BRAND POLICY

Dr Shy is selective about the collaborations she accepts and only takes on work aligned with her clinical standards and evidence-based approach.

PAST COLLABORATIONS

MEDIA, SPEAKING & EXPERT SUPPORT

- Expert commentary
- On-camera work
- Evidence checks
- Product commentary
- Panels & events
- Selected collaborations

WORKING STYLE

Clear, calm, evidence-based
Real-life focused
Producer-friendly

