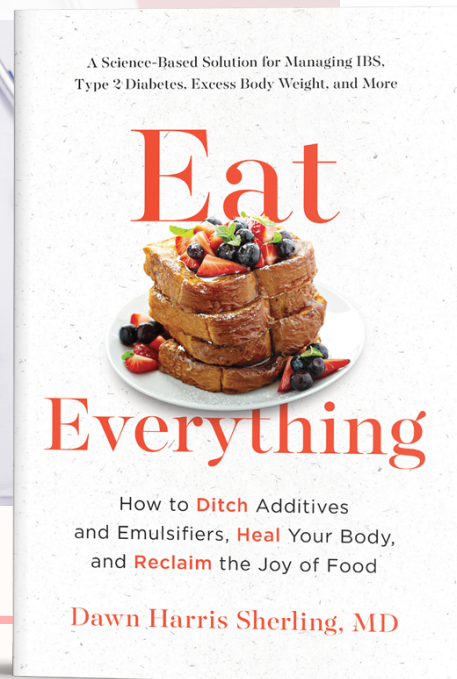




DAWN HARRIS
SHERLING, MD

PHYSICIAN, MOTHER & AUTHOR

Media Kit



Hi, I'm Dr. Dawn.

PHYSICIAN, MOTHER & AUTHOR

I'm on a mission to make it easier for people to heal their bodies without restrictive eating or diet fads. Research now shows that illnesses like IBS, Type II Diabetes, and many others are directly connected to specific food additives. I'm calling BS on the ultra-processed food industry and exploitative diet culture. In my new book, *Eat Everything: How to Ditch Additives and Emulsifiers, Heal Your Body, and Reclaim the Joy of Food*, I share my personal journey as a doctor and IBS sufferer that led me to an easier, healthier, more joyful way to eat and enjoy life. I unpack new research on the food additives that are causing an epidemic of digestive issues in America and provide simple ways to help you enjoy food again, without a restrictive diet.



DAWN HARRIS
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Doctor of Medicine

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**Board-certified Internal
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**Associate Professor of Medicine and Associate Program
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FLORIDA ATLANTIC UNIVERSITY

The Book

Discover the surprising reason restrictive diets don't work—and a practical, science-based guide to reclaim your health through the power of real food.

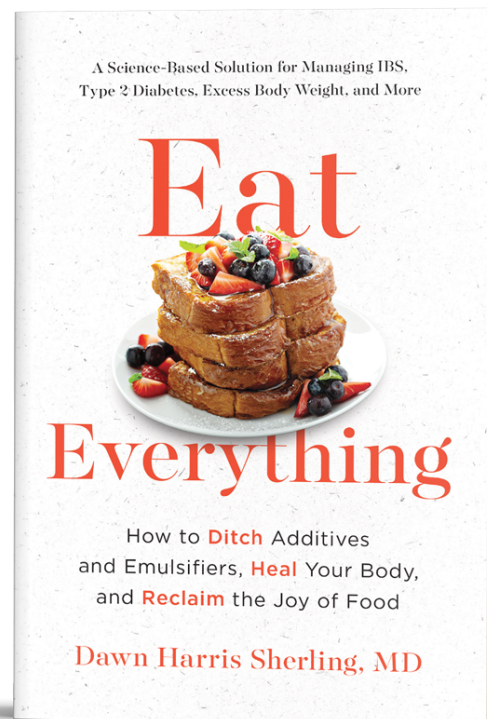
Carbs aren't causing your weight gain. Dairy may not be the reason for your upset stomach. And your liver isn't fatty because of the occasional hamburger. It's time to enjoy eating everything again—and to reclaim our health along the way. ***Eat Everything*** offers a better alternative to complicated, minimally effective, and highly restrictive diets. Physician Dawn Harris Sherling lays out compelling new evidence implicating food additives as the real culprits behind diet-related diseases and shares simple, actionable advice to heal. We're constantly told to fear carbs, gluten, and dairy, and we turn to strict diets to solve our health problems. Yet Americans still have one of the highest rates of obesity and diabetes in the world, and millions suffer from digestive ailments like irritable bowel syndrome (IBS).

Digging into emerging research, Dr. Sherling realized it's not the foods but the food additives, especially emulsifiers, that are at the root of our problems. Our bodies can't digest them, but they feed our microbiomes and they're everywhere in the ultra-processed foods that make up about half of our daily diets.

Available Now!

In this refreshing and accessible guide, readers will learn:

- How to lose weight without a restrictive diet
- Why so many popular ultra-processed foods are actively harmful to our bodies
- How to navigate eating at restaurants—for any meal or occasion
- Tips for filling our grocery bags with real food
- Why avoiding food additives is beneficial for our bodies and minds
- How to embrace healthful cooking at home, with 25 delicious recipes



Bios

Full

Dawn Harris Sherling M.D. is an internal medicine physician and author whose work calls out the rampant diet-related misinformation out there and simplifies the real science and latest medical advancements that can not only heal a host of digestive related illnesses, but also make eating easier and more joyful again.

A graduate of the Yale University School of Medicine, she is board certified by the American Board of Internal Medicine, a fellow of the American College of Physicians, a diplomate of the American Board of Obesity Medicine, and a former Instructor in Medicine at Harvard University. She is also currently Associate Professor of Medicine and Associate Program Director of the Internal Medicine Residency at Florida Atlantic University.

After stumbling across the key to conquering her IBS symptoms while on vacation in Italy, Dr. Sherling dedicated herself to researching how to combat the digestive illness epidemic in America and around the world. Her new book, ***Eat Everything: How to Ditch Additives and Emulsifiers, Heal Your Body, and Reclaim the Joy of Food***, unpacks the science behind why emulsifiers and additives in the typical American diet are responsible for many digestive illnesses and diseases, and walks readers through simple, easy ways to reclaim their health without a restrictive diet.

When she is not seeing patients, writing, teaching, or speaking, Dr. Sherling will read just about anything, but particularly enjoys a good mystery, chick lit, and an occasional classic. She also enjoys binge-watching series featuring superheroes and misunderstood villains with her husband and two children, and their dog, who, in an ambitious twist, has trained the family to bring her the ball whenever requested.

More of Dr. Sherling's writing can be found in numerous medical journals, *The Palm Beach Post*, *The Miami Herald*, and other publications.

Short

Dr. Dawn Harris Sherling is an accomplished internal medicine doctor (Yale, Harvard) whose work exposes rampant diet industry misinformation and provides simple, medical-research-backed methods to help people heal a host of digestive illnesses and diseases. Her new book, ***Eat Everything***, unpacks the science behind why emulsifiers and additives in the typical American diet are responsible for many digestive illnesses, and walks readers through simple, easy ways to reclaim their health without a restrictive diet.

Talking Points

- You Can't Intuitively Eat Ultra-Processed Food
- The downsides of a Low FODMAP diet
- Restrictive diets are not the answer
- You might NOT have an issue with gluten after all
- You might NOT have a dairy issue after all
- Not enough doctors are listening to women
- You shouldn't 'feel' digestion
- How the American Diet Has Hurt Immigrants
- Food Deserts Don't Just Mean Worse Nutrition
- When the Weight Loss Equation (Calories in minus Calories out) Doesn't Add Up
- What to Ask Your Doctor if You Have [IBS, Fatty Liver, or Type II Diabetes].
- How additives make it into our food.
- How the U.S. diet compares to the diets of other countries
- The rise of diet-related disease across income levels
- What if there's nothing wrong with gluten and dairy for most people? (dietary fads intersecting with actual medical issues)
- The inflammatory ingredients hiding in your health food
- Eat like your ancestors (or someone's)
- "Organic" "Natural" and other meaningless words

More Information



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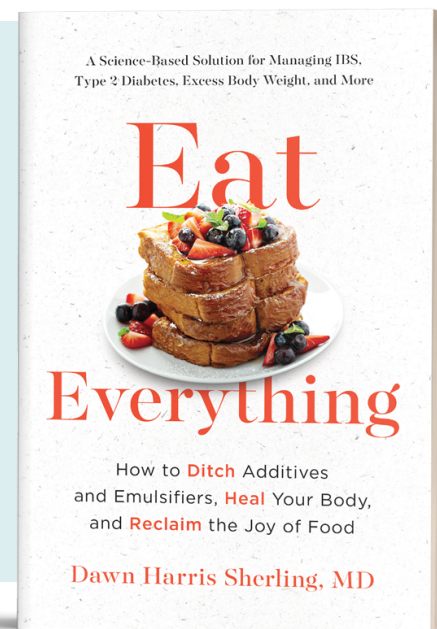
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More:

More information, posts, events, and
more are available on the website.

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DawnSherlingMD.com or
EatEverythingBook.com



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