



## Dr. Cate Shanahan - Biography

Dr. Cate Shanahan is the leading authority on nutrition and human metabolism. She is a board-certified family physician with over 20 years of clinical experience and she is the New York Times bestselling author of *The FatBurn Fix*, *Deep Nutrition*, and *Food Rules*.

Dr. Cate's expertise is fixing the underlying problems that cause metabolic damage and inflammation, leading to autoimmunity, weight gain, diabetes, cancer, and accelerated aging processes. Her passion is helping people feel their best.

After getting her Bachelor of Science in biology from Rutgers University, Dr. Cate trained in biochemistry and genetics at Cornell University's graduate school before attending Robert Wood Johnson Medical School.

She practiced in Hawaii for 10 years where she studied ethnobotany and her healthiest patients' culinary habits. She applied her learning and experiences in all these scientific fields to write the book: *Deep Nutrition: Why Your Genes Need Traditional Food*.

Together with Dr. Tim DiFrancesco and NBA legend Gary Vitti, she [created the PRO Nutrition program](#) for the [LA Lakers](#) and helped forge a partnership between Whole Foods Market and numerous NBA teams.

In May of 2018, she started working as Director of Metabolic Health for ABC Fine Wine and Spirits, a progressive, family-run company interested in saving money by the betterment of health.

She's also the Medical and Scientific Advisor at [CB Supplements](#), overseeing their premium-grade [multi collagen protein](#), and for [beliv](#), a forward-thinking Latin American beverage company.

Learn more about Dr. Cate at <https://drcate.com>.

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## **Metabolic Conditions Dr. Cate Helps to Prevent and Reverse**

Dr. Cate has dedicated her practice to prevent and reverse the following medical conditions:

- Overweight and obesity
- Prediabetes and diabetes
- Cancer
- Autoimmune diseases (inflammatory bowel, multiple sclerosis, rheumatoid arthritis, psoriasis, lupus)
- Cholesterol and blood lipid issues
- Hypertension
- Arthritis
- Chronic fatigue
- Fatty liver
- Neuropathy
- Headache
- Poor circulation
- Macular degeneration
- Asthma
- Allergies



## **Dr. Cate Shanahan's Books**

Dr. Cate has authored three bestselling books. *The FatBurn Fix* was a New York Times Bestseller in 2020.

### **The FatBurn Fix:**

#### **Boost Energy, End Hunger, and Lose Weight by Using Body Fat for Fuel**

Dr. Cate's New York Times bestseller lays out a proven plan to optimize your health by reclaiming your natural ability to burn body fat for fuel.

The ability to use body fat for energy is essential to health—but over decades of practice, renowned family physician Catherine Shanahan, M.D., observed that many of her patients could not burn their body fat between meals, trapping them in a downward spiral of hunger, fatigue, and weight gain.

In *The Fatburn Fix*, Dr. Shanahan shows us how industrially produced vegetable oils accumulate in our body fat and disrupt our body's energy-producing systems, driving food addictions that hijack our moods and habits while making it nearly impossible to control our weight. To reclaim our health, we need to detoxify our body fat and help repair our "fatburn" capabilities.

Dr. Shanahan provides a revolutionary, step-by-step plan to help reboot your fatburn potential in as little as two weeks. This customizable two-phase plan is widely accessible, easy to follow, and will appeal to the full spectrum of diet ideologies, from plant-based to carnivore to keto and beyond. By making a few changes to what you eat and when you will lose unwanted weight and restore your body's ability to store and release energy.

With *The Fatburn Fix*, Dr. Shanahan shows how regaining your fatburn is the key to effortless weight loss and a new, elevated life, paving the way to abundant energy and long-term health and happiness.

### **Deep Nutrition:**

#### **Why Your Genes Need Traditional Food**

Highlighted by Sports Illustrated as one of the Best Health and Wellness Books of 2017, *Deep Nutrition* cuts through today's culture of conflicting nutritional ideologies, showing how the habits of our ancestors can help us lead longer, healthier, more vital lives.

In the book, physician and biochemist Catherine Shanahan, M.D. examined diets around the world known to help people live longer, healthier lives—diets like the Mediterranean, Okinawa, and "Blue Zone"—and identified the four common nutritional habits, developed over millennia, that unfailingly produce strong, healthy, intelligent children, and active, vital elders, generation after generation.



These four nutritional strategies—fresh food, fermented and sprouted foods, meat cooked on the bone, and organ meats—form the basis of what Dr. Cate calls “The Human Diet.”

Rooted in her experience as an elite athlete who used traditional foods to cure her own debilitating injuries, and combining her research with the latest discoveries in the field of epigenetics, Dr. Cate shows how all calories are not created equal; food is information that directs our cellular growth. Our family history does not determine our destiny: what you eat and how you live can alter your DNA in ways that affect your health and the health of your future children.

*Deep Nutrition* offers a prescriptive plan for how anyone can begin eating The Human Diet to:

- Improve mood
- Eliminate cravings and the need to snack
- Boost fertility and have healthier children
- Sharpen cognition and memory
- Eliminate allergies and disease
- Build stronger bones and joints
- Get younger, smoother skin

## **Food Rules:**

### **A Doctor's Guide to Healthy Eating**

Good health doesn't have to be so complicated. The best diet for serious athletes is also the best diet for weight loss, heart health, cancer prevention, and just about everything else. In the spirit of those chefs, journalists, and food writers who have brought a spotlight to the importance of eating well, knowing source, and respecting traditions, Dr. Shanahan adds to this growing food revolution the voice of an experienced physician and scientist. Full of straightforward and memorable advice, Dr. Shanahan's Food Rules offers key details that even her most health-conscious patients had been missing—the details that may save your health.