

# Amanda Hamilton



## **MEDIA SUMMARY**

Amanda is a nutritionist, broadcaster and author whose passion for her subject, coupled with a refreshing and down-to-earth approach have made her a media favourite and respected expert when it comes to all matters food, diet and nutrition.

## **TV/RADIO EXPERIENCE**

- Presenter/Nutritionist – Something for the Weekend, BBC2 (live)
- Nutritionist – GMTV “Inch Loss Island,” “Little Black Dress,” “Bikini Diet”
- Presenter/Nutritionist – “How to Live Longer” (BBC 1)
- Presenter/Nutritionist – “Should I Worry About” ... (BBC 1)
- Presenter/Nutritionist – “The Last Resort” (BBC 1)
- Presenter/Nutritionist / Co-producer – UKTV’s “Spa of Weight Loss for Life
- Presenter/Nutritionist / Co-producer – UKTV’s “Spa of Embarrassing illnesses”
- Presenter/Nutritionist / Co-producer – UKTV’s “Teen Spa of Embarrassing illnesses
- Radio presenter, national daytime —BBC Radio Scotland

## **BOOKS**

- “Life Detox” - Piatkus, 2007
- “Life Changing Weight Loss” - Little Brown Books, 2008
- “Secrets of the Spa” - Little Brown Books, 2010

Amanda regularly contributes to magazines and newspapers on health related subjects and has weekly and monthly columns in publications such as UAE’s “The National”, “Foodies Magazine” and others.

## **QUALIFICATIONS**

- BA, Communications
- Dip Nutritional Therapy, Registered Nutritionist with BANT (British Association of Nutritional Therapy).
- Current: Childhood Obesity Management at Robert Gordon’s University, Aberdeen (MSc).

## **ADDITIONAL INFO**

- Amanda has been the face of Cancer Research’s ‘Great British Breakfast’ campaign for 2008; the face of “Visit Scotland” 2009 and the keynote speaker for NHS Direct 2008 conference.
- She is a keen skier and mountain biker and has signed up to be one of The British Heart Foundation’s celebrity half marathon runners for 2010. She is also an ex-international badminton player.
- Amanda (35) has four children: two stepchildren (age 15 and 12) and a daughter age 5 and a baby son, age 5 months.
- She speaks Spanish fluently after living in Spain and Mexico where she worked as a journalist.
- Amanda is director of a health retreats company that delivers detox, yoga and wellbeing breaks across Europe.

## **SHOWREEL & AGENCY**

For Amanda’s showreel

([also available on Youtube](#)) contact

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