Ashley Koff is a registered dietitian (R.D.) who strives to make better nutrition a way of life for all. Koff has the proven ability to demystify the science of nutrition and communicate the importance of a healthy lifestyle to clients in a way that instills loyalty and trust. Never preachy, Koff’s clients truly admire her gentle and patient way of finding the correct and effective nutritional program to suit their individual needs. Her passionate style is effective, resulting in Koff being named by Citysearch as LA’s “Best Nutritionist” three years running and a national media favorite. Koff appears monthly on Good Morning America Health and as the lead expert for HuffPost Living’s ‘Total Energy Makeover’ with Ashley Koff RD; selected as Hollywood’s Dietitian, InStyle magazine featured Koff’s work in their coveted December issue (Dec 2009).

Celebrity client Emily Deschanel attests:

“Ashley is the most knowledgeable nutritionist that I have ever worked with. She really cares about her clients and wants them to have optimum health. Ashley helped me find a way to have lots of energy while working very long days. She’s able to work around food intolerances and address different personal nutritional needs. It seems like there is nothing she doesn’t know about nutrition.”

Koff launched AKA (ashleykoffapproved.com) in 2008 as a way to house all aspects of her private practice, her work educating doctors and other healthcare practitioners, her nutritional endorsement opportunities, as well as her corporate consulting company (formerly the healthXchange). With AKA, consumers of all demographics can readily identify products that meet Koff’s standards for nutrition resulting in optimal health.

As ABC LA’s Food Coach, Lori Corbin, states:

“Koff routinely goes above the call of duty to get answers about where our food and supplements really come from. She’s the Diet Detective and we all benefit from her work.”

Doctors agree. Koff is regularly sought after by the most trusted names in nutrition and medicine. She counsels patients on referral from Dr. Andrew Weil (Program in Integrative Medicine) and has served as guest faculty for PIM’s fellowships. She is also the exclusive R.D. to patients of integrative medicine guru Dr. Soram Khalsa and receives referrals from the world-renowned Tao of Wellness.

“Ashley is an instrumental player in the field of nutrition. I trust she will no doubt transform the industry; she sets the bar for what it means to be an influential and responsible leader in health and wellness,”

– Dr. Andrew Weil.
Ashley Koff, RD

BIOGRAPHY

Ashley Koff has authored her own book; Recipes for IBS (Fair Winds Press 2007), a cookbook and treatment plan for digestive wellness. Several pharmaceutical companies purchased the book as a resource for gastroenterologists worldwide. They also hired Koff for television and radio media tours on digestive wellness topics based on the content of her book. She’s also a regular contributor for best-selling nutrition books and upcoming medical textbooks such as:

The G-Free Diet: A Gluten-Free Survival Guide (May 2009), written by The View’s Elisabeth Hasselbeck. Hasselbeck called upon Koff to be her R.D. expert on nutritional information because “Her advice is so sensible and realistic, and that’s what I want to offer my readers.”

Food Cures, the 2008 Reader’s Digest publication that examines food-based remedies for the entire range of diseases and symptoms from A to Z.

400 Calorie Fix (Jan 2010) by Prevention Editor-in-Chief Liz Vaccariello

Integrative Gastroenterology (summer 2010) Koff lends her knowledge to Dr. Andrew Weil’s textbook providing doctors with dietary goals and implementation strategies for IBS patients.

ADA PocketGuide: Irritable Bowel Syndrome Koff provides content for this publication which is used as a tool for dietitians in their work with patients and medical staff both in-hospital and private practice.

AKA’s client list includes entertainment studios and shows (including HBO’s Big Love, Fox’s It’s Always Sunny… and Bones), where Koff works to improve the quality of food selections on production sets and locations. This work was featured in Self magazine (2009).

Koff’s R.D. expertise and extensive client base have led to her collaboration with numerous media outlets including The New York Times, Reader’s Digest, CNN, AOL, Shape, InStyle, Huffington Post, Yoga Journal, Teen Vogue, Women’s Health, Natural Health, Allure, Entertainment Tonight, and Food & Wine. She also sits on the prestigious advisory board at Fitness magazine.

The daughter of a surgeon, Koff was privy to an insiders look at the art of medicine at a very young age. An intense curiosity, coupled with her interest in preventive healthcare, lead to Koff’s desire to personalize and improve her own health regime. Immediately, she was hooked on a path of dietetic education and independent study efforts to explore the healing practices of the world. Educated at both Duke and New York Universities, Koff trained at LA+USC and Columbus Children’s hospitals. Koff also completed integrative medicine coursework for certification as a certified clinical nutritionist (CCN).

Koff loves to travel and connect with people, learning from different cultures about alternative food and wellness practices. She enjoys comedy and satire, believing that using humor is one of the most effective learning methods – especially when it comes to nutrition. Koff’s clients are drawn to her approachability and capacity to personalize implementation plans through a unique method of ongoing evaluation and feedback. They also value her joy of life, sense of humor, and her deep caring for their well-being.
### CURRENT POSITION

**AKA (formerly the healthXchange)**  
**Founder**  
2/2002 to present

**Personalized Nutrition** for adults & children; counseling and consultant  
**Areas of Specialty:** weight management, digestive disorders / complaints, integrative nutrition, weight loss surgery, and nutrient supplementation.

**Journal Reviewer:** Journal of the American Dietetic Association  
**Languages:** English & Spanish

**University of Arizona: Program in Integrative Medicine**  
**Guest Faculty**  
9/2006 to present  
- **The Fellowship program & Residential Fellowship (2006)**  
  - Nutrition Boot Camp  
  - Ongoing resource / referral source for patients  

**Author of** “Nutrition & Health: Gastrointestinal System: I & II” online courses  

**Reader’s Digest**  
**Advisory Board**  
2/2007 to 2008

**Fitness Magazine**  
**Advisory Board**  
11/2007 to present

**Cedars-Sinai Medical Center**  
**Dietitian**  
9/2004 to 2007

### AUTHOR (see media list for interviews / appearances)

- Gluten-Free by Elisabeth Hasselbeck (nutrition consultant)  
  05/2009

- Integrative Gastroenterology Edited by Dr Weil (nutrition consultant)  
  Fall 2009

- “Gluten-Free Diet”  
  03/2008  
  Healthy Aging

- Food Cures  
  01/2008  
  Reader’s Digest

- Recipes for IBS: Great Tasting Recipes Customized for Your Symptoms  
  02/2007  
  Fair Winds Press

- “Coconut Magic: A New Level of Hydration”  
  10/2006  
  Yogi Times

### CONTINUING EDUCATION

- **Ongoing**  
  Functional Medicine Updates – Monthly CDs

- **05/06** University of Arizona CME: Nutrition & Health: State of the Science & Clinical Applications

- **02/06** Functional Medicine Update: Dr Jeffrey Bland

- **06/05** Integrative Medicine at Hollyhock: Drs. Andrew Weil & Victoria Maizes

- **03/05** University of Arizona CME: Nutrition & Health: State of the Science & Clinical Applications

- **01/05** University of Arizona CME: Integrative Medicine Approaches to Women’s Health

- **11/04** USC CME: Obesity Epidemic – Practical Approaches to Prevention & Management

- **07/04** University of Arizona CME: Nutrition and Cardiovascular Health (online)

- **06/04** Columbia University CME: Botanical Medicine in Clinical Practice

- **03/04** University of Arizona CME: Nutrition & Health: State of the Science & Clinical Applications

- **02/04** Kosher World (Los Angeles Convention Center)

- **06/03** Harvard CME: Practical Approaches to the Treatment of Obesity

- **01/03** USC CME: Heart Failure 2003: An Update on Therapy

### EDUCATION

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<tr>
<td>9/2002 - 8/2003</td>
<td>LAC+USC Healthcare (LA County Hospital)</td>
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<td>5/2001 - 8/2001</td>
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### PREVIOUS EXPERIENCE

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<td>Director of Nutrition</td>
<td>PowerplayMD</td>
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### PROFESSIONAL ORGANIZATION MEMBERSHIP

- American Dietetic Association
- American Society of Clinical Nutrition
- Kappa Omicron Nu Honor Society
### TELEVISION

#### 2010
- **Good Morning America (ABC News Now)** Health
  - “Energy Makeover Dietician Ashley Koff updates Month 3 of Marissa Campise’s energy makeover.” (March 31)
- **Good Morning America Health (ABC News Now)**
  - “The Newest Natural Foods” (March 29)
- **Good Morning America Health (ABC News Now)**
  - “Is There a Doctor in the Fridge?” (March 29)
- **Good Morning America Health (ABC News Now)**
  - “Energy Makeover Dietician Ashley Koff updates Marissa Campise’s energy makeover.” (February 23)
- **Good Morning America Health (ABC News Now)**
  - “Complete Energy Makeover” (January 27)

#### 2009
- **ABC 7 Los Angeles**
  - “Is Coconut Water Worth the Extra Cash?” (December 28)
- **Good Morning America Health (ABC News Now)**
  - “College Snack Bowls” (December 15)
- **Good Morning America Health (ABC News Now)**
  - “Clean and Green” (November 10)
- **ABC 7 Los Angeles**
  - “Are designer drinks really effective?” (November 9)
- **ABC 7 Los Angeles**
  - “Solutions for a Healthier Halloween” (October 29)
- **ABC 7 Los Angeles**
  - “You’re Perfect Diet, So why Isn’t it Working?” (October 29)
- **Good Morning America Health (ABC News Now)**
  - “The Future of Natural Foods” (October 13)
- **Good Morning America Health (ABC News Now)**
  - “Keep Your Ticker in Top Shape” (August 17)
- **Good Morning America Health (ABC News Now)**
  - “Coconuts May Be Nature’s Gatorade” (August 16)
- **ABC 7 Los Angeles**
  - “Don’t Cocktail Ideas to Keep You Hydrated” (August 3)
- **Good Morning America Health**
  - “Acid Reflux Safety Concerns” (June 11)
- **Good Morning America Health**
  - “What Does it Mean to be Gluten-Free?” (May 11)
- **Good Morning America (ABC News Now)** Health
  - “Artificial Sweeteners - Not So Sweet?” (April 21)
- **Good Morning America Health**
  - “Veggin Out With Your Kids” (April 20)
- **Good Morning America Weekend**
  - “Child Vegetarians” (April 18)
- **ABC 7 Los Angeles**
  - “Infused Coffees Hope to Boost Benefits” (April 6)
- **ABC 7 Los Angeles**
  - “Don’t Let an Injury Stop Your Work Out” (March 30)
- **ABC 7 “New Breed of Drinks is the Latest Craze” (March 11)**
- **Good Morning America Health (ABC News Now)**
  - “Probiotic Power” (February 20)

#### 2008
- **ABC 7 Los Angeles**
  - “New food trend found in freezer aisle” (December 30)
- **Good Day Columbus**
  - “How to Prevent a Holiday Hangover” (December 22)
- **ABC 7 Los Angeles**
  - “Probiotics” (December 10)
- **ABC 7 Los Angeles**
  - “Natural Product Expo” (March 18)
- **MY 13 Los Angeles**
  - “Foods That Fight a Cold and The Flu” (March 12)
- **ABC 7 Los Angeles**
  - “Immunity Enhancing Menu / Crustacean” (March 1)
- **ABC 7 Los Angeles**
  - “Commercial Claims” (February 27)

#### 2007
- **Bravo “Welcome to the Parker” (1 episode; April)**
- **ABC 7 Los Angeles**
  - “Food Fact with Lori Corbin” (February)
- **Fox 11**
  - “Healthy Recipes for IBS” (Kevin Brummond) (March)
- **The Tyra Banks Show**
  - “The Church of Thin” (March)
- **ABC 7 Los Angeles**
  - “How to Prevent a Holiday Hangover” (December 22)
- **ABC 7 Los Angeles**
  - “Probiotics” (December 10)
- **ABC 7 Los Angeles**
  - “Natural Product Expo” (March 18)
- **MY 13 Los Angeles**
  - “Foods That Fight a Cold and The Flu” (March 12)
- **ABC 7 Los Angeles**
  - “Immunity Enhancing Menu / Crustacean” (March 1)
- **ABC 7 Los Angeles**
  - “Commercial Claims” (February 27)

#### 2006
- **MY 13 Los Angeles**
  - “Coconut Water” (September)
- **QTV “Brunch Live” (January)**

#### 2005
- **CNN “High School Junk Food” (November)**
- **FIT TV “Ultimate Goals” (March)**
- **VH1 “Celebrity Fit Club” (February)**

### RADIO
- **Dr Oz – Probiotics (June 2009)**
- **Vital Juice Interview (November 2007)**
- **Dr. Tea – IBS/My Work**
- **Tech Talk with Craig Peterson IBS Book**
- **National Radio Media Tour (November 2007)**
- **National Radio Media Tour (July 2007)**
- **Frankie Boyer Show (October 2006)**
## Online Magazines

### 2010

- AOL Living “Fidgeting and Calories” (April 21)
- AOL Living “The Truth” (April 7)
- PJTV “Whole Paycheck: Is Organic Worth It?” (April 3)
- Get Inspired! “Day 184: Ashley Koff” (April 2)
- The Huffington Post “Kombucha & Kefirs: Hype or Healthy?” (April 1)
- SheSe “3 Super Healthy (Surprisingly Tasty) Smoothies” (March 26)
- Good Magazine “Health Myths Debunked: Nutrition” (March 24)
- AOL Living “Super Foods” (March 24)
- The Huffington Post “Natural Products Expo West 2010” (March 23)
- Everyday Health “Grocery Shopping on a Budget” (March 19)
- AOL Living “Sit and Be Fit” (March 17)
- AOL Living “Sweet Dreams” (March 10)
- The Huffington Post “Sages And Scientists: Chopra Center Event Highlights” (March 3)
- AOL Living “Omega 3’s” (March 3)
- The Huffington Post “Sacred Seeds – The Secret To The World’s Health Future” (March 1)
- HoneyMag “Sweet Relief” (February 2)
- Nature's Path “Ask Ashley - Organics” (February 25)
- The Huffington Post “Month #1: Life Happens…” (February 25)
- AOL Living “Step It Up” (February 24)
- The Huffington Post “Aspirin May Prevent Breast Cancer Recurrence” (February 18)
- AOL Living “Over-Sanitizing” (February 17)
- AOL Living “Magnesium Magic” (February 10)
- AOL Living “Wellness - Dry Skin” (February 3)
- The Huffington Post “Month #1: HuffPost Living ‘Total Energy Makeover’ with Ashley Koff, RD” (January 28)
- The Huffington Post “Super Foods You MUST Eat - Really?” (January 18)
- The Huffington Post “Sleep: Mother Nature’s Weight Loss/Health Gain Drug” (January 11)
- The Huffington Post “Teen Angst: Why Do I Have to Eat Fruits & Vegetables?” (January 7)
- The Huffington Post “AKA New Year Cleanse” (January 3)

### 2009

- Whole Food Magazine “Autism and ADHD” (October)
- The Huffington Post “Back to School: Recipe(s) for Success” (September 9)
- The Huffington Post “You Say Organic, I Say Organic” (August 20)
- Natural Foods Merchandiser “Sodium Shakedown” (August 3)
- The Huffington Post “Got Acid Reflux? Will Your Medicine Break Your Bones?” (June 5)
- The Huffington Post “The Gluten-Free Challenge” (June 5)
- People, BodyWatch “Drink a ‘G-Free Smoothie’” (May 22)
- Datebook LA “Healthy Sporting Snack Food Tips” (February 27)
- VitalJuiceDaily.com “Menu Pages: Hearty Meal” (February 11)

## Lectures

- Fresh Ideas “The New SHEconomy” (March 12, 2010)
- Nature’s Path Corporate “Discussion on Organic Matters” (March 12, 2010)
- Paul Young Summer Ba sketball Camp “Nutrition 101” (Summer 2008 and 2009)
- Nature’s Path Corporate “Nutrition 101” (June 2009)
- Olgivy Mather Chiat Day (February 2009)
- Saatchi & Saatchi NYC (December 2008)
- U of A Program In Integrative Medicine Fellows “Nutrition Boot Camp” (January 2007 and September 2006)
- Sportv’s Fitness Club “What’s the Right Diet for You?” (February 2005)
- Cedars-Sinai Medical Center Patient Forum “Achieving Optimal Health with Weight Loss Surgery” (January 2005)
- Venice Family Free Clinic “Que Es Lo Que Esta Comiendo?” (January 2004)
- Ernst & Young Accounting “Health, Practically” (October 2003)
- Children’s Hospital (Columbus, OH) “How Much Are You Really Eating?” (August 2003)
- USC School of Nursing Faculty “How Much Are You Really Eating?” (April 2003)
- LAC + USC Dietitians “A Closer Look at Malnutrition” (March 2003)
- LAC + USC Dietitians & Cardiology Staff “The Case of a Congested Heart” (February 2003)
- NYU: Nutrition & Health class “Marketing Nutrition” (November 2001)
- NYU: Nutrition & Health class “Nutrition and the Media” (October 2001)
- Kellogg’s Global Consortium “Convenience Food Trends” (March 1997)
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<tr>
<td>2010</td>
<td>Every Day with Rachael Ray magazine “Everyday Travel”</td>
<td>(April)</td>
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<td>Chicago Tribune “Digestive Wellness, How to Reevaluate and Regain Control of Your Digestive Health”</td>
<td>(March 31)</td>
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<td>Harper’s Bazaar “You are What You Eat”</td>
<td>(April)</td>
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<td>Today’s Dietitian “TD 10 — Meet 10 Dedicated Dietitians Who Are Making a Difference” (Vol. 12 No. 3 P.40)</td>
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<td>400 Calorie Fix “My Favorite 400-Calorie Meal – Ashley’s Berry Parfait”</td>
<td>(©2010)</td>
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<td>Glamour “It’s your one-week healthy detox!”</td>
<td>(January)</td>
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<td>2009</td>
<td>InStyle “Keep the Holiday Pounds from Creeping on—While Still Having Fun!”</td>
<td>(December)</td>
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<td>Natural Health “Good Medicine/Antibiotics”</td>
<td>(December / January)</td>
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<td>Taste for Life “The Key to Stronger Bones? Magnesium May be the Answer”’</td>
<td>(November)</td>
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<td>Fitness “Eat Right”</td>
<td>(September)</td>
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<td>Natural Health “Healthy Eats for Kids”</td>
<td>(September)</td>
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<td>InStyle “10 Ways to Extend Your Summer”</td>
<td>(August)</td>
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<td>Natural Health “How Can I Treat a UTI”</td>
<td>(July/August)</td>
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<td>Shape “Free of Gluten, Full of Flavor, &quot;Scene Stealing Snacks,” “How Hollywood gets its glow on”</td>
<td>(July)</td>
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<td>Natural Foods Merchandiser “Ashley Koff, RD Personalized Nutrition”</td>
<td>(June)</td>
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<td>Marie Claire “The Eating Diaries”</td>
<td>(June)</td>
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<td>Organic Connections “Ashley Koff RD”</td>
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<td>Today’s Dietician</td>
<td>(June)</td>
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<td>Life &amp; Style “Summer diet fact or fiction”</td>
<td>(May 25)</td>
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<td>Woman’s World “Dance off 30 lbs like Mary did!”</td>
<td>(May 11)</td>
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<td>In Style “Ready, Set Summer!”</td>
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<td>OK! “The Diet That Changed My Life”</td>
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<td>Shape “One Mistake Too Many”</td>
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<td>Life &amp; Style “Looking Great at Every Age &amp; Flat Belly Menu”</td>
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<td>Shape “Supermarket Smarts”</td>
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2008

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<tr>
<td>2008</td>
<td>Yoga Journal “The Benefits of Rice”</td>
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<td>Allure “Slimming Products”</td>
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<td>Us Weekly “Oprah’s Cleanse”</td>
<td>(June 16)</td>
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<td>Women’s Health “Love on Wheels”</td>
<td>(June)</td>
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<td>Fitness “‘Food and How It Makes You Feel’”</td>
<td>(May)</td>
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<td>Allure “Products and Their Nutritional Value”</td>
<td>(May)</td>
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<td>Vegetarian Times “South American cuisine”</td>
<td>(April)</td>
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<td>The New York Times “A Spoonful of Immunity”</td>
<td>(February 17)</td>
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<td>Natural Health “Fire Up Tired Blood”</td>
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<td>Fitness “Josie Maran Profile: Fitness and Nutrition”</td>
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<td>US Weekly “How to Look and Feel Your Best for Valentines Day”</td>
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<td>US Weekly “Getting Healthy for the Oscars”</td>
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<td>Healing Lifestyles &amp; Spas “Shedding Pound in the New Year”</td>
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<td>InStyle “What You Can Learn From Nutritionists”</td>
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<td>Teen Vogue “Food Fad Diets”</td>
<td>(February)</td>
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<td>Shape “Probiotics”</td>
<td>(March)</td>
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<td>In Touch “Nicole Richie is Finally Out of Danger”</td>
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<td>Shape “Celebrity Diets”</td>
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<td>Weight Watchers “Diet Diaries”</td>
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<td>Allure “Gum &amp; Body Odor”</td>
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<td>Cooking Light “Tight on Time Workouts”</td>
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<td>Energy Times “Avoiding Cheap Supplements”</td>
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<td>Kiwi “Fiber Needs for Adults and Children”</td>
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<td>Quick &amp; Simple “Making Your Own 100 Calorie Snacks”</td>
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<td>For Her Sports “Nutritional Needs for Optimum Sports Performance”</td>
<td>(June/July)</td>
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<td>Food &amp; Wine “To Eat Meat or Not to Eat Meat – Are Vegetarians Really Healthier?”</td>
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<td>2006</td>
<td>Malibu Times “Balance Is the Key to Happy Holidays”</td>
<td>(Nov./Dec.)</td>
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<td>Yogi Times “Food Fad”</td>
<td>(October)</td>
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<td>Energy Times “B Vitamins”</td>
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<td>American Baby</td>
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