

SPEAKER · CLINICAL NUTRITIONIST · BLOOM TV CONTRIBUTOR

Ashley McIntyre

MS, CNS, LDN

Science-backed nutrition talks on heart and metabolic health, GLP-1 medications, and cancer, from a licensed clinical nutritionist and former oncology pharma rep.

Signature Talks

1. **Know Your Numbers: Nutrition for Women's Heart and Metabolic Health After 40**
   Why cholesterol, blood pressure, and blood sugar climb in midlife, including the role of menopause, and the food changes with the strongest evidence. For employers, women's groups, and associations.

2. **GLP-1s and Nutrition: Protecting Muscle, Heart Health, and Results on Weight-Loss Medications**
   How to eat on GLP-1 medications to preserve muscle, manage side effects, and keep results, from a clinician who knows the drugs and the nutrition. For employers, benefits teams, and mixed audiences.

3. **Food Facts vs. Fear: Eating During and After Cancer**
   The most common cancer nutrition myths and what the research shows, simple ways to eat well during treatment, and building a survivorship plate. For cancer support groups, hospitals, and caregivers.

Any audience, the same science. Every talk can be tailored for your group, from employees and leadership teams to athletes, patients, caregivers, and community organizations.
Also available: *Fuel for Focus: Eating for Energy and Productivity at Work*, a lighter lunch and learn for any team.

About Ashley

Ashley McIntyre, MS, CNS, LDN, is a licensed clinical nutritionist and a regular nutrition expert on Bloom TV. Before nutrition, she spent years as a pharmaceutical rep, finishing in oncology, an experience that showed her how much patients need clear, evidence-based answers about food. Her practice, The Elevated Plate, focuses on heart and metabolic health, especially for women in midlife, and on cancer support.

Formats

- Virtual or in person, 30 to 90 minutes
- Keynotes, lunch and learns, workshop series
- Custom talks · nonprofit rates available

As Seen On

- Bloom Tampa Bay (WFLA), 12 segments
- Podcast guest on nutrition and health shows
- Speaker: Parkinson Place, Paradise Soccer

Book Ashley for your next event

Lakewood Ranch, FL · Speaking nationally and virtually

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