

TITLE: *Healthy Liver*
PUBLICATION DATE: 01 July 2016

SUMMARY

Below is the latest list of forthcoming media for Healthy Liver, along with the PDF review from New Idea magazine (in stores this week). The bulk of coverage kicks in from next week so will send you the PDFs and links as they run. Cris is kindly still working with me on radio – pushing these to happen as quickly as I can but she may have to do some of these after the baby.

INTERVIEWS & FEATURE ARTICLES

TV

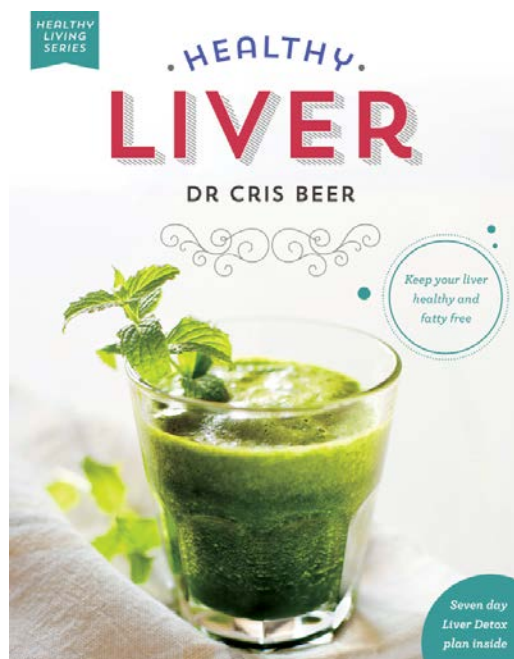
- Channel Seven – The Daily Edition (10 Jun)
 - <https://au.tv.yahoo.com/the-daily-edition/a/31809067/dry-july/>
 - <https://au.tv.yahoo.com/the-daily-edition/video/watch/31812082/the-truth-about-liver-detoxes/#page1>

Radio

- Ultra 106.5 – Afternoons (24 Jun)
- Luke & Susie (28 Jun)
- ABC Wide Bay QLD – Breakfast (28 Jun)
- 2GB – Saturday Mornings (Jul)
- 2GB – The House of Wellness (Jul)
- ABC Adelaide – Mornings (Jul)
- Power FM – Mornings (Jul)
- Magic FM VIC – Mornings (Jul)
- Magic FM WA – Mornings (Jul)
- ABC Local Radio – Nightlife (Jul)

Print – Magazine

- Nova (1 Jul)
- NZ Fitness (1 Jul)
- Geelong Kids (1 Jul)
- Primo Life (1 Jul)
- Good Health (10 Jul)
- Fitness First (15 Jul)
- Men's Muscle & Health (15 Jul)
- Good Practice (15 Jul)
- The House of Wellness (15 Jul)
- Medibank be magazine (15 Jul)
- NW (15 Jul)
- Vitality (15 Jul)
- Optimum Health (15 Aug)
- Nature & Health (15 Aug)



Print – Newspapers

- Herald Sun (11 Jul)
- APN Media – syndicated (Jul)
- NewsItD – Body + Soul (Aug)

Online

- Smooth FM (10 Jun)
 - <http://www.smooth.com.au/7-surprising-things-happen-your-body-when-you-quite-booze>
- Medibank be magazine (16 Jun)
 - <https://www.medibank.com.au/bemagazine/post/food/veggie-fritters-recipe/>
- RACQ (16 Jun)
 - <http://racqliving.com.au/wellbeing/keeping-liver-healthy/>
- Fitness First (23 Jun)
 - <http://ffmag.com/detoxing-diet-isnt-hard-think/>
- Lifestyle.com.au (24 Jun) liver lover
 - <http://www.lifestyle.com.au/health/6-easy-ways-to-look-after-your-liver.aspx>
- The Huffington Post (29 Jun)
- Mindfood (29 Jun)
- News.com.au (1 Jul)
- The Senior (Jul)
- The Daily Mail (Jul)
- Wyza (Jul)
- The Carousel (Jul)
- Femail.com.au (Jul)
- Guide to Wellness (Jul)

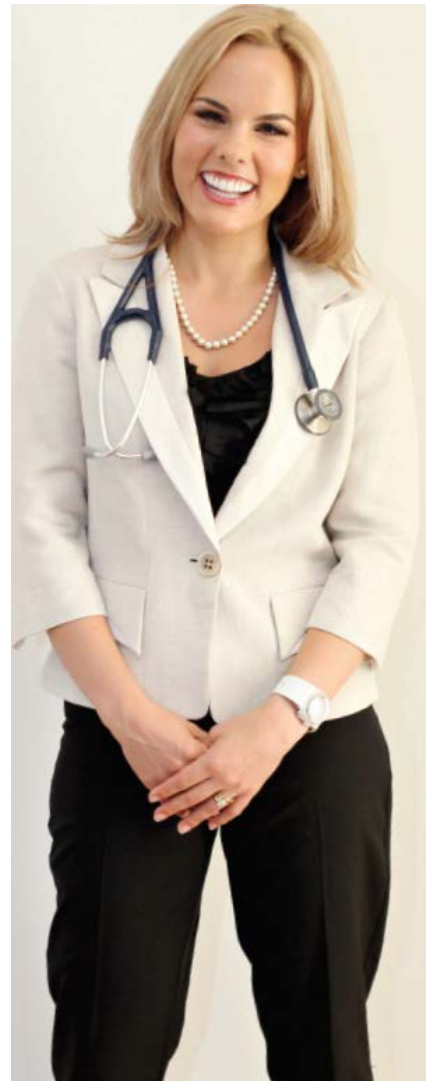
BOOK REVIEWS & MENTIONS

Print – Magazines

- Holistic Bliss (15 Jun)
- New Idea (24 Jun)
- New Zealand Fitness (1 Jul)
- Geelong Kids (1 Jul)
- PrimoLife (1 Jul)
- The CEO Magazine (1 Jul)
- Mining Life & Living (24 Jul)
- Women's Fitness (Aug)
- Ladies Golf (15 Sep)
- The Art of Healing (15 Sep)
- Healthy & Heartwise (15 Sep)
- Jean Hailes (TBC)

Newspaper

- An Alternative Voice (1 Jul)
- The Queensland Times (10 Jul)
- Newcastle Weekly (13 Jul)



Online

- RACQ (16 Jun)
 - <http://racqliving.com.au/win/healthy-liver/>
- The Daily Telegraph – facebook (Jun)
- Blue Wolf Reviews (Jul)
- The Senior (Jul)
- Nature & Health (Jul)

ABOUT THE AUTHOR

AUTHOR: **Dr Cris Beer** *BBioMedSci, MBBS (hons), FRACGP, member ACNEM, member AIMA,*
Personal Fitness Trainer

Dr Cris Beer is the author of *Healthy Habits* (2015) an expert in holistic medicine. She currently practices at The Medical Sanctuary on the Gold Coast as a registered medical doctor. She was the health consultant for The Biggest Loser retreat and is a regular columnist for *body+soul*. She is also sought after by the media for regular commentary on radio, web TV, as well as print magazines. For more information go to www.drcri.com.au.