

## Jimmy Moore

Jimmy Moore catapulted onto the health scene in 2004 after a phenomenal 180-pound weight loss success enabled him to come off of prescription drugs for high cholesterol, high blood pressure, and respiratory problems.

He is the energetic personality behind the über-popular Livin' La Vida Low- Carb blog and host of one of the top-ranked iTunes health podcasts, The Livin' La Vida Low-Carb Show. He has interviewed well over 800 (probably over 900 by the time he comes to SA) of the world's top health experts and dedicated his life to helping people get the best information possible so they can make the right decisions about their health.



He is the author of the books Cholesterol Clarity: What the HDL Is Wrong with My Numbers? and Keto Clarity: Your Definitive Guide To The Benefits Of A Low-Carb, High-Fat Diet with coauthor Dr. Eric Westman. Jimmy lives with his wife, Christine, in Spartanburg, South Carolina, where they can often be found playing Frisbee golf in their front yard.

Follow Jimmy on Twitter @livinlowcarbman

Jimmy has co-authored the following books.