



CHRISTOPHER MOHR, PHD, RD, CSSD

NORDIC NATURALS' ADVISORY BOARD MEMBER

Summary of Expertise

“Omega-3 fatty acids are essential for disease prevention and increased quality of life. Aside from their benefit on the heart, brain, and other areas of the body you can’t “feel” on a daily basis, they also help with joint fluidity and pain reduction, which are very tangible issues. The benefits received from obtaining adequate levels of omega-3 fats go on forever and I believe they should be as “mainstream” as a simple multivitamin.”

*—Christopher Mohr,
PhD, RD, CSSD*

Dr. Mohr is a fitness/nutritional expert and educator with an innovative, integrated approach to wellness, weight loss, nutrition and exercise supported by years of experience in academics, research, and practical fieldwork. As the owner of Mohr Results, Inc (www.MohrResults.com), he has been a consultant to a number of media outlets and corporations including the Discovery Health Channel and University of Louisville Athletics, among others. Dr. Mohr has appeared on the Montel Williams Show as a nutrition expert, is a regular “nutrition” guest on radio and TV outlets in Louisville, KY and has appeared on CBS, NBC, and ABC affiliates throughout the country. He was the nutrition consultant for the NY Times Bestselling book, *LL Cool J's Platinum Workout* (Rodale Press, Dec 2006), is currently working on a project with fitness celebrity Denise Austin, and co-authored *Fitness Nutrition for Special Dietary Needs* (Human Kinetics, May 2007). Dr. Mohr is the Sports Nutrition Advisor to Men's Fitness Magazine and has written over 500 articles for consumer publications, newspapers, and websites, such as *Men's Health*, *Weight Watchers Magazine*, and *Fitness Magazine*, to name a few. Dr. Mohr has a Bachelor and Master of Science degree in Nutrition, from Penn State University and the University of Massachusetts, respectively. He received his PhD in exercise physiology, with a focus on the treatment and prevention of overweight and obesity, from the University of Pittsburgh, is a registered dietitian (RD) and a board certified specialist in sports dietetics (CSSD).

Specific Subjects

Weight loss, sports nutrition and training, fitness and exercise, inflammation, heart disease, prevention and treatment of overweight and obesity, whole food nutrition and dietary supplement use for disease prevention, essential fatty acids, fish oil supplementation, lifestyle changes for improved health and mental performance

Published Works

- *LL Cool J's Platinum Body*, D Honig and LL Cool J, with Jeff O'Connell; Christopher Mohr, PhD, RD, Nutrition consultant; Rodale Books, December 2006
- *Fitness Nutrition for Special Dietary Needs*, SL Volpe, PhD, RD, FACSM, SB Sabelawski, MEd, RD, Christopher Mohr, PhD, RD; Human Kinetics Publishers, May 2007

Dr. Mohr has published 3 book chapters, 14 abstracts, and 3 refereed publications as well as many print articles

A complete profile is available and can be emailed upon request. Press interviews can be arranged by contacting Shari Hindman, Integral Marketing, Inc. at **303.499.9665** or sharilhindman1@comcast.net.