

**Qualified GP Registered Nutritionist Registered Nutritional Therapist Media Medic  
 Award-Winning Health Writer**



Selwyn College, Cambridge 1977 - 1980  
 Cambridge School of Clinical Medicine 1981 - 1983



Faculty of Health and Medical Sciences 2004 - 2010

**DEGREES:**

MSc Nutritional Medicine	University of Surrey	2010
MA (Master of Arts)	University of Cambridge	1984
MB (Bachelor of Medicine)	University of Cambridge	1984
BChir (Bachelor of Surgery)	University of Cambridge	1983
BA (Hons) Natural Sciences	University of Cambridge	1980

**OTHER QUALIFICATIONS:**

Certificate of General Practice	JCPTGP	1988
Diploma in Phytotherapy	A. Vogel Institute	1998
RNutr (Registered Nutritionist)	Association for Nutrition UKVRN	2008
MBANT	Member British Association Nutritional Therapists	2008

**PRIZES:**

- Merit, MSC Nutritional Medicine 2010
- **Health Journalist Of The Year** 2002
- Distinction, Diploma in Phytotherapy 1998
- Distinction, Higher Cert. Wine (WSET) 1994
- 1<sup>st</sup> Prize PMS Help GP Essay 1993
- 1<sup>st</sup> Prize Flora National Heart Essay 1983

**REGISTRATIONS:**

General Medical Council	Licensed Practitioner: 2886826
Guernsey Medical Register	Licensed Practitioner: GY 2005/9
Nutrition Society UKVRN	Registered Nutritionist: RNutr 3460
Nutritional Therapy Council	Registered Nutritional Therapist: NTC02206
CNHC✓	Registered Nutritional Therapist: 000098-L09

**EDITOR-IN-CHIEF**

**YourWellness Magazine 2011 - current**

**COLUMNIST:**

<b>Prima</b>	<b>2001 - Current</b>
The Lady	2001 - 2006
Marie Claire (Contributing Health Editor)	2000 - 2003
<b>Daily Telegraph</b>	<b>1999 - 2003</b>
Reader's Digest	1997 - 2001
Sugar	1996 - 2003
Top Santé	1995 - 2002
Woman's Journal (Contributing Health Editor)	1994 - 1997
<b>Daily Mirror</b>	<b>1992 - 1995</b>
Medical Editor, Haymarket Publishing Group	1992 - 1993

## AUTHOR OF OVER 50 POPULAR HEALTH BOOKS:

Overcoming Gallstones	Medilance	2014
Nutrition: A Beginner's Guide	Oneworld	2013
Eat Well, Stay Well	Connections	2013
Live Longer, Look Younger	Connections	2012
Death: A survival Guide	Quercus	2011
The Pregnant Body Book (co-author)	Dorling Kindersley	2011
Cut Your Stress	Quercus	2010
Essential Guide to Vitamins, Minerals and Herbal Supplements	Right Way	2010
The Illustrated Surgery Guide (US)	Quercus	2009
The Human Body	Quercus	2009
Cut Your Cholesterol	Quercus	2009
Low-Cholesterol Cookbook for Dummies	Wiley	2009
Natural Health Guru: Overcoming Arthritis	Duncan Baird	2009
Natural Health Guru: Overcoming Asthma	Duncan Baird	2009
Natural Health Guru: Overcoming High BP	Duncan Baird	2008
Natural Health Guru: Overcoming Diabetes	Duncan Baird	2008
Diabetes Cookbook for Dummies	Wiley	2007
Menopause for Dummies	Wiley	2007
Thyroid for Dummies	Wiley	2006
Arthritis for Dummies	Wiley	2006
Natural Approaches to Diabetes	Piatkus	2005
Intimate Relations; Living and Loving in Later Life	Age Concern	2004
The IBS Diet	Thorsons	2004
Daily Telegraph Complete Guide to Menopause	Robinson	2003
Eat to Beat High Blood Pressure	Thorsons	2003
Live Better: Relaxation	Duncan Baird	2003
Encyclopedia of Vitamins, Minerals & Herbal Supplements	Robinson	2002
1001 Facts about the Human Body	Dorling Kindersley	2002
Energy Boosters Handbook	Dorling Kindersley	2002
Eat to Beat IBS	Thorsons	2002
Healing with Magnetic Therapy	D Jay Ltd	2002
A Child's World (Accompanied Channel 4 series)	Headline	2001
The Total Detox Plan	Carlton	2000
Simply Relax	Duncan Baird	2000
Saw Palmetto – Natural Prostate Relief	Thorsons	2000
Pregnancy – The Natural Way	Souvenir	1999
Increase Your Sex Drive	Thorsons	1999
I Want To Have A Baby?	KyleCathie	1999
The Ultimate Stress Buster	Vermilion	1998,2003
Super Baby	Thorsons	1998
The Osteoporosis Prevention Guide	Souvenir	1998
Man Alive: Eating Fit	Marshall Editions	1997
Man Alive: Better Sex	Marshall Editions	1997
Menopause	Thorsons	1997
Candida	Thorsons	1997
Irritable Bowel Syndrome	Thorsons	1997
High Blood Pressure	Thorsons	1997
Body Facts Pocket Guide	Dorling Kindersley	1996
Endometriosis and Fibroids	Vermilion	1995, 1998
Beating Heart Disease the Natural Way	Galen	1995
Factopedia: chapter on Human Body	Dorling Kindersley	1995
The Complete Book of Men's Health (2 Editions)	Thorsons	1995, 1999
Planning a Baby? (2 Editions)	Vermilion	1995, 2004
The Hypochondriacs' Dictionary of Ill Health (co-written with Simon Brett)	Headline	1994
The Body Awareness Programme	Bantam	1994
What Worries Women Most	Piccadilly Press	1993
The Bluffers' Guide to Sex (6 Editions)	Ravette	1987-1999

## **PUBLISHED PAPERS:**

Waynberg J, Brewer S (2000): Effects of Muira puama on libido and sexual activity in premenopausal and postmenopausal women. *Advances in Therapy* **17**(5):255-62

Brewer S, Rayman M (2010): Can people with osteoarthritis derive clinical benefit from dietary and lifestyle changes? A pilot study. *Proceedings of the Nutrition Society* (Original Communication, June 2010)

## **MEDIA WORK:**

Key Opinion Leader in health and nutrition; Fully media trained with extensive experience in medical and nutritional consultancy, Crisis management, Radio & TV interviews, Lecturing (lay, media and healthcare professional audiences), Chairing media and medical meetings, Expert quotes.

Health Journalist: Dear Doctor columns; Backgrounders; Features; Press releases; Leaflets, Books.

## **INDEPENDENT MEDICAL AND NUTRITIONAL CONSULTANT TO:**

Guernsey Natural Health Clinic; Diabetes Research and Wellness Foundation; Tesco Healthy Living Club; Healthspan; Absorbent Hygiene Manufacturer's Association; Toxic Shock Syndrome Information Service; Danone Prebiotic & Probiotic Information Panel;

**MEDICAL TRAINING:** **Addenbrooke's Hospital, Cambridge** **1984-1987**  
*General Medicine; General Surgery; Infectious Diseases; Accident & Emergency; Paediatrics; Obstetrics & Gynaecology; Orthopaedics; Genito-urinary Medicine;*

**GENERAL PRACTICE:** Full-Time GP Principal, Plymouth 1987-1992

**ORTHOPAEDIC SURGEON:** Clinical Assistant, Derriford Hospital 1989-1992

**SEXUAL HEALTH PHYSICIAN:** Freedom Fields Hospital, Plymouth 1989-1992  
Queen Elizabeth Hospital, King's Lynn 1996-2002

**NUTRITIONAL PRACTICE:** Natural Health Clinic, Guernsey Current

## **MEMBERSHIPS:**

Patron: NET Patient Foundation [www.netpatientfoundation.com](http://www.netpatientfoundation.com)

Fellow, Royal Society of Medicine

Independent Doctors Federation

National Obesity Forum

Selwyn Association, University of Cambridge

Guernsey Cambridge Society

Medical Protection Society

The Nutrition Society

Nutritionists in Industry

British Association of Journalists

Guild of Health Writers

Women in Journalism

Society of Authors

Media Medics