

“Imei is making food
FUN again!”



Imei Hsu

Presentation Topics:

Hello! This Is Your Tummy Speaking!

“Can we talk about poo for a moment?” Imei uses her personal story and the stories of others who suffer from food-sensitive diseases to help others recognize what we can all do to change the way we think about and consume food.

What Your “Guts” Can Tell You About Your Health

We’re just beginning to learn about the intelligence of our micro-biome in the small intestine. Most of us throw food in our bodies without much thought beyond the macronutrients (proteins, fats, carbohydrates) in them. We have more reasons to understand why your gut health affects every area of your life such as mood, mental health, and physical illnesses.

The In’s and Outs of Eating In And Out

If you have a restrictive diet because of a medical reason, chances are you will have to learn to cook at home. Will anyone want to come over and eat with you when you can’t serve up a glob of fat and sugar in a baked treat? Is it worth it to try a new restaurant, and how do you go about doing that?

Imei provides unconventional insight to every person she meets. Lifestyle changes are required from the moment a diagnosis of a disease is discovered such as Crohn’s Disease, Celiac Disease, Type I Diabetes, Autism, and other autoimmune diseases. A dramatic change in diet is necessary to treat the disease, and Imei’s knowledge, demeanor and skill-sets have her clients covered. With humor, candor, entertainment and the latest scientific research and data; Imei helps every person understand how to make food fun again!

A diagnosis of one of these diseases often feels like a social death sentence for the millions who suffer. Imei uses her background in Nursing and Psychotherapy to compassionately listen, then motivate and inspire her clients, their families, and communities to show how nourishing our bodies is one of the most simple and truly revolutionary activities we can do on a daily basis in the 21st century.

Imei’s passion for the “Food as Medicine” movement is both a personal and professional. Diagnosed in 2013 with Celiac Disease, (discovered by DNA test and presenting symptoms being alleviated by a strict gluten free diet), Imei continues to create pathways for the newly diagnosed to bypass the misinformation provided on the Internet, while modeling how she transformed from a fatigued, sick, and anemic woman to a Half Ironman triathlete, and one who’s a Half Ironman and 2016 Ironman in training.



Book Imei Hsu Today!
call 425-200-5271 or imei.hsu@gmail.com

Imei has been in healthcare for over 25 years, with a background in Community Health Nursing, Triage, Telephonic Triage, and Psychotherapy with an emphasis in the treatment of Eating Disorders, Mood Disorders and Chronic Illness. She has worked in the hospital setting, community center, and her own private practice.



Combined with her affection for new technologies, Imei creates new pathways for people to make significant lifestyle changes in order to improve their health. She lives with her husband and one Applehead Siamese cat in Redmond, WA. When she's not working, Imei can be found bellydancing, swimming, cycling, running, and creating art (piano, ukelele, writing). When she was a child, she really really wanted a Betty Crocker oven.

Much of the Food Industry would like it if Imei would NOT succeed in her mission to get people to eat real food. If they can keep customers dependent on convenience foods which are high in fat, salt and sugar, then they keep buying more while creating life-time addicts. That means big businesses make more money... Now THERE'S some food for thought!

Truths about Imei

- She believes that corn is worse than porn.
- She can show you that if you eat REAL food, weight loss WILL follow.
- She's earned a LOT of friggin' medals



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 @imeihsu

 +imeihsu

Adjectives that describe Imei
perceptive, considerate, passion, mystique

