

Meet Rachel Beller: Your Body by Glamour Nutritionist

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Rachel Beller, M.S., R.D., who designed the Body by Glamour food plan, is the best of the best. She has celebs like Sheryl Crow lining up in her Beverly Hills waiting room—and is so respected in her field that many doctors have her on speed dial for nutritional advice. The registered dietician and founder of the Beller Nutritional Institute is a genius at designing weight-loss programs that are simple, healthy and wildly successful. But Beller's philosophy isn't just about slimming down—she also focuses on diet and its link to cancer prevention, as well as using good nutrition to stave off other diseases such as diabetes and heart disease. "To me, eating to take care of your health and eating to lose or maintain your weight go hand in hand," says Beller. "My plan would never do one at the expense of the other." So you know you're not only going to drop a few dress sizes, but you'll do it in a healthy—and, literally, lifesaving—way.

Beller is also a spokeswoman for the American Cancer Society and a distinguished contributor to the Women's Intervention Nutrition Study as a researcher at Cedars-Sinai Medical Center in Los Angeles and the Director of Nutritional Oncology Research and Counseling at the John Wayne Cancer Institute.