

Meet some of our contributors for this issue



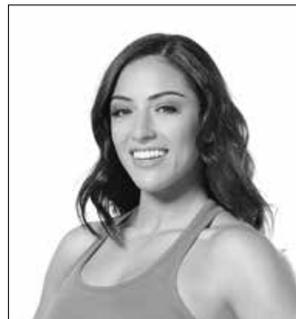
Holly Smith
Flight attendant/
Health Chef

HOLLY, originally from Australia, has been working in the airline industry for the last 11 years. When not at work or at the gym Holly follows her passion for food, producing her own unique recipes for innerflight.com/recipes. These recipes are free from all of the nasty ingredients (sugar, starch, dairy, gluten and grains), which are some of the main culprits in the global obesity and heart disease epidemic. By delivering these healthy and super tasty recipes that are simple to shop for and easy to make, Holly hopes that people will be able to continue to have a love affair with food, but one that will not be detrimental to their health.



Yasmine Haddad
Licensed Clinical Dietician

YASMINE graduated with a B.Sc in Nutrition and Dietetics in 2003 and a M.Sc. in Food Technology in 2006 from the American University of Beirut. Alongside her masters', she completed a year dietetic internship in a reputable hospital. She then joined a diet center in Lebanon to work as a dietitian. In 2008, she decided to travel to the UAE and become a member of the Live'ly team where she believes she can educate the diverse community on how to lead a healthier and tastier lifestyle.



Salma Ismail Branford
Fitness Trainer

SALMA is the co-Founder of The Body Challenge and a Nike Trainer. Salma worked in media for many years but found her true passion in fitness and has since made it her career. She has gained quite a following through her boot camps and high intensity personal training sessions. Having worked with many high-profiled Emiratis and UAE celebrities she has become a well-known and respected member of the female fitness community in the UAE.



Dr. Brett Osborn
Neurological Surgeon

BRETT is a New York University-trained, board-certified neurological surgeon with a secondary certification in anti-aging and regenerative medicine, Diplomate; American Bard of Neurological Surgery, Diplomate; American Academy of Anti-Aging Medicine. He holds a CSCS honorarium from the National Strength and Conditioning Association. Dr. Osborn specializes in scientifically based nutrition and exercise as a means to achieve optimal health and preventing disease. He is the author of "Get Serious, A Neurosurgeon's Guide to Optimal Health and Fitness." drbrettosborn.com.