

## CLARE BAILEY

GP, Health Journalist And Presenter

Agent: **Sophie Laurimore**



Dr Clare Bailey is a GP with a particular interest in promoting diet and lifestyle changes for weight loss, reducing blood sugars and reversing type 2 diabetes. Having seen the benefit in patients coming off medication, feeling fitter and healthier as well as experiencing improvements in other related metabolic conditions such as non-alcoholic fatty liver disease, hypertension, lipids, arthritis and other inflammatory conditions, she is passionate about making these more widely available.

Clare is author of the companion recipe books to Michael Mosley's The Blood Sugar Diet, The Clever Guts Diet and the recent Fast 800 Easy. Clare has been involved in the Oxford based DIAMOND feasibility trial, recently published in BMJ Open, using the Mediterranean style diet combined with 800 calorie fasting to improve and reverse type 2 diabetes. Clare also helps run an online program called The Fast 800, which provides recipes, meal plans, exercises and support to help people achieve weight loss and to reverse metabolic syndrome and Type 2 diabetes.

Clare also has four lovely grown up children and a slightly histrionic dog.

## CREDITS

### TV:

*Lose a stone in 21 days with Michael Mosley*, 2020, (Channel 4)

### Magazine columns:

Daily Mail (2020-present)

Weekly column for *You Magazine* (2018-2020)

**Tour:**

*Eat (Well), Sleep (Better), Live (Longer)! 2024*