

# The Food Medic Recipes Fitness For A Healthier Happier You

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The Food Medic by Dr. Hazel Wallace | Waterstones The Food Medic Recipes Fitness Welcome to The Food Medic. The Food Medic is an educational platform and media group founded by Dr. Hazel Wallace. Our aim is to bridge the gap between traditional medical advice and the latest thoughts

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Dr Hazel Wallace is the girl behind The Food Medic, a blog she set up in 2013 as a platform to show people that eating healthy and staying fit can be enjoyable, uncomplicated and easy to incorporate into an everyday busy lifestyle. Hazel is a UK based health and fitness blogger, social media influencer,

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