

## Rangan Chatterjee

Star of BBC One Series, Doctor In The House, and Host of Feel Better Live More Podcast

Rangan Chatterjee is a medical doctor with over 20 years' experience who treats you as an individual. He takes a 360° approach to health by focusing on his 4 pillars of health: Food, Movement, Sleep and Relaxation.

His goal is to empower you to become the architect of your own health. He believes that when we are healthier, we are happier because when we feel better, we live more.

Dr. Chatterjee is regarded as one of the most influential doctors in the UK and wants to change how medicine will be practiced in years to come. He has been called a pioneer and is changing the way that we look at illness. He is known for finding the root cause of people's health problems and he highlighted his methods in the ground-breaking BBC television show, Doctor in the House, which has been shown in over 70 countries around the world. He has been placed in the Pulse Power list for influential MDs consecutively for the past 3 years.

In just 2 and a half years, he has sold over 500,000 copies of his books worldwide. All four of his books are Sunday Times Bestsellers. His first book, the international best-seller, The Four Pillar Plan has already become one of the top selling Health titles in the UK over the past 10 years, and this book was released in the US under the title How to Make Disease Disappear. His fourth book Feel Great, Lose Weight launched on 31st Dec 2020 – it is already a Sunday Times Bestseller in the UK and Fearne Cotton, TV & Radio presenter, said – 'This is not a diet book. This is a whole new way of looking at what, why and how we eat and helps you design your own plan to build a better, healthier relationship with food.'

Dr Chatterjee hosts the #1 Apple podcast, Feel Better Live More to help empower listeners to lead healthier, happier lives and has over 35 million downloads to date. It is the most listened to health and wellbeing podcast in the UK and Europe with over 500,000 downloads every week and episodes are regularly 'prescribed' by doctors to their patients.

He has given an inspirational TED talk on making diseases disappear with over 3 million downloads. He regularly writes articles in the popular press appearing in publications including The Guardian, The Huffington Post, The Daily Mail and The Telegraph.

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