

Nutritionist, Dietitian, and Author Ronni Litz Julien Recently Feautred on Close Up Radio

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EINPresswire.com/ -- Weight loss has never been easy. It still isn't. For nearly 40 years, Ronni Litz Julien has watched people hand their weight, their willpower and sometimes their whole sense of self over to a plate of food. Now she is watching millions hand it over to an injection or pill instead, and she has a warning for anyone who thinks a shot or pill alone will finish the job.

Litz Julien, a Miami-based nutrition and lifestyle coach with a following that predates the search engines, joined Jim Masters on Close Up Radio in early September to talk about GLP-1 medications, the injectable drugs reshaping how Americans think about weight loss, hunger and food.



Her message is not what most companies selling the drugs want you to hear. GLP-1s work, she says, but only when patients still eat enough protein, fiber and nutrients—and keep moving; and treat the medication as a tool rather than a cure. Skip these steps, she warns, and patients trade one set of problems for another, including muscle loss, malnutrition, bowel issues, constipation, and hair loss.

“With GLP-1s, you are taking one set of food issues that you have had for perhaps your entire life, and exchanging them for another set,” Litz Julien explains. “When it comes to weight loss and health in the age of industrially processed food, we still all have to ‘pick our hard’.”

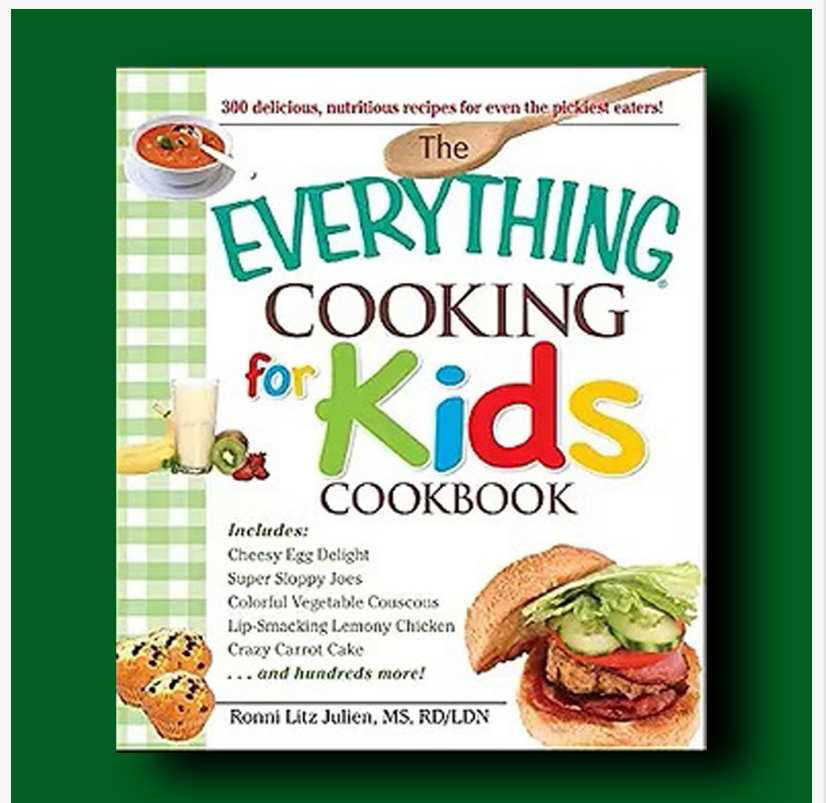
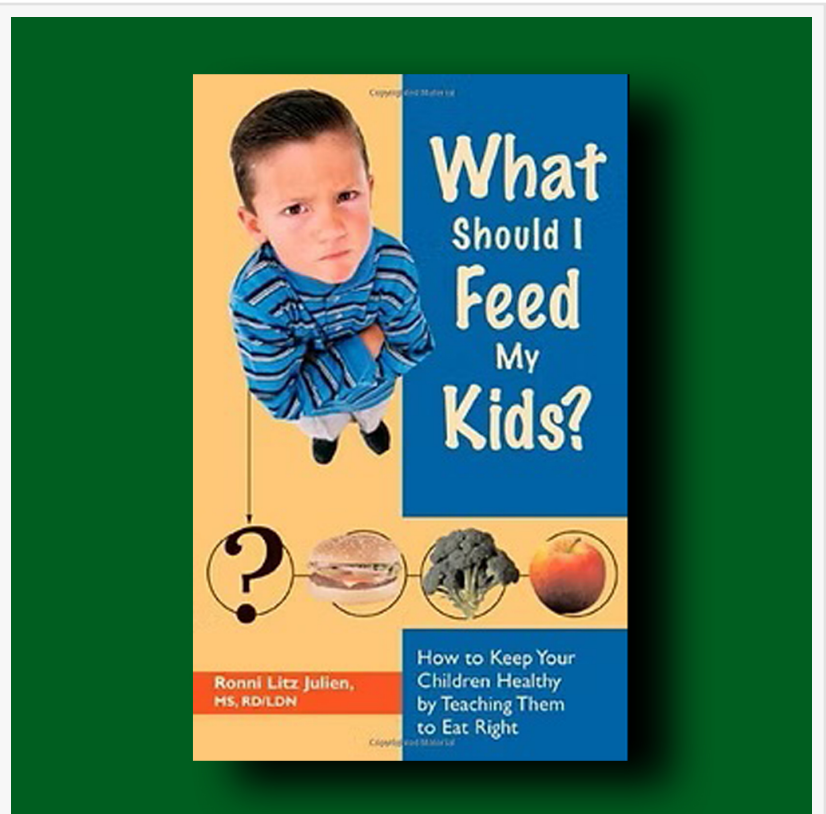
That phrase, drawn from decades of clinical work, sums up her approach to a system she says was never built to keep people well in the first place. Litz Julien has watched nutrition move from

an afterthought in medical education, to perhaps an interesting topic today. When she first researched the topic of teaching nutrition in the medical schools in 1988, she recalls finding just 25 of 125 U.S. medical schools offering a single nutrition course. Today, federal health officials are now asking doctors to study directly under new proposed continuing education requirements.

Litz Julien holds a bachelor's degree in Dietetics and Nutrition from Florida International University, earned in 1986, and a Master's Degree in Nutrition with a specialty in Communications from Boston University (one of the only programs of its kind in the country at the time). She built her career in South Florida, spending four decades working with children, families and adults managing diabetes, heart disease, overweight and obesity, and eating disorders, before shifting her practice fully online and virtual during the COVID-19 pandemic.

Her clinical focus in recent years has centered on inflammation, which she calls the common thread linking obesity, high blood pressure, high cholesterol and chronic disease. She teaches clients anti-inflammatory eating alongside behavior change tools such as impulse control, structured meal timing and stress management, work she was doing with patients long before weight loss medications entered the national conversation.

Litz Julien says she has watched GLP-1s help patients well beyond weight loss, including one client whose Crohn's disease has stayed in remission for three years and another whose fatty



liver diagnosis reversed within months. But she cautions that rapid, unsupervised weight loss carries its own serious risks, from gallbladder problems to gastroparesis, and says patients still need three balanced meals a day, adequate protein and nutrients, and regular strength training to protect muscle mass while on the medications.

Litz Julien is also the author of three books, including “How Do I Feed My Kids?”, written after years running a pediatric nutrition practice. There she watched young patients arrive with high cholesterol and early weight gain rooted in family eating habits rather than any fault of their own. She explains that parents remain the single biggest influence on a child’s relationship with food, for better or worse.

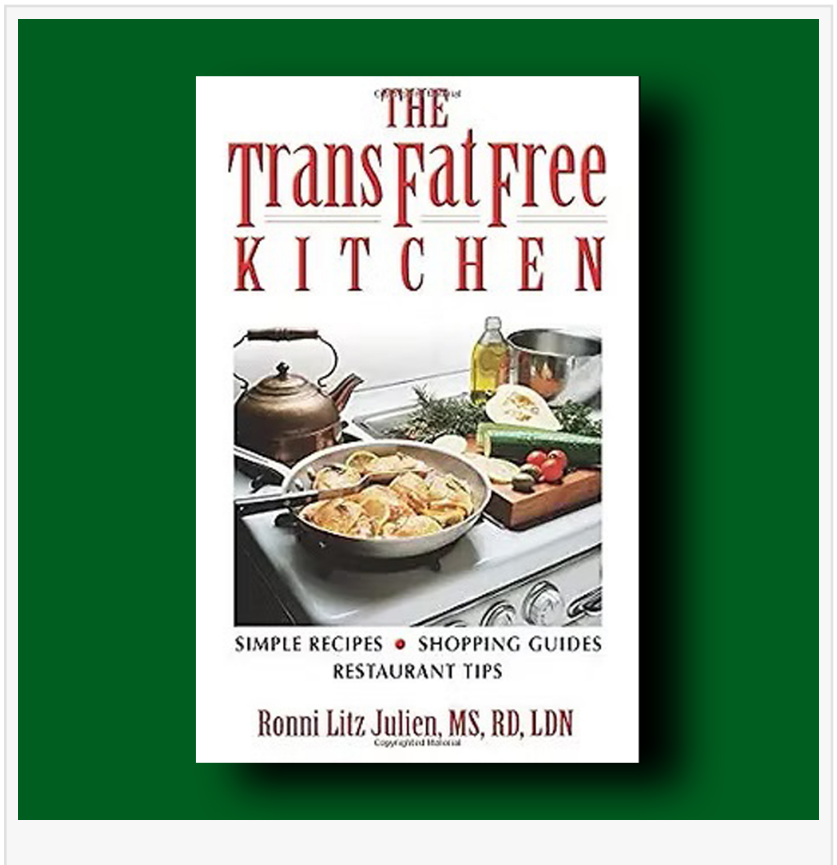
She has also pushed back publicly against relying on artificial intelligence for nutrition advice, arguing that generic answers cannot replace a plan built around a person’s medical history, food preferences and daily routine.

Litz Julien explains that the surge of interest in GLP-1s has also opened the door to a broader conversation she has wanted to have for decades, one about food as an emotional experience rather than simply fuel. She works alongside therapists to address the psychological, and in some cases traumatic, roots of overeating, and describes her role today as part nutritionist, part lifestyle coach.

She also points to Blue Zones research, the study of five regions around the world with unusually high numbers of centenarians, as a guide for her broader philosophy: consistent movement, lower stress and modest portions matter just as much as medication.

About Ronni Litz Julien

Ronni Litz Julien is a Registered Dietitian/Nutritionist based in Miami, FL with nearly 40 years of experience in clinical nutrition, broadcast media and public speaking. She holds a Bachelor’s degree in Dietetics and Nutrition from Florida International University and a Master’s degree in Nutrition and Communications from Boston University. Her virtual practice serves clients of all ages and medical backgrounds, with a current focus on GLP-1 medication support, inflammation



management and behavior change coaching. She is the author of three books, including "How Do I Feed My Kids?", "The Everything Cooking for Kids Cookbook" and "The Trans Fat-Free Kitchen". For more information, visit her website or follow her on Instagram, Facebook and LinkedIn.

Close Up Radio recently featured Ronni Litz Julien, M.S., RDN/LDN, Nutritionist, Lifestyle Coach, Media Professional & Author, in an interview with Jim Masters on Wednesday September 9th at 1pm Eastern

[Listen to the Podcast](#)

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For more information about Ronni Litz Julien, please visit <https://www.ronnijuliennutrition.com/>

Lou Ceparano

Close Up Television & Radio

+1 631-850-3314

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