

Media Library

From 2000 until 2016, I participated in clinical research and was an author or co-author from more than 40 international peer reviewed **scientific manuscripts**.

In 2016, I made a switch to more practice-based research and I **wrote a book** 'De bewuste Bourgondiër' (Garant, ISBN: 978-90-441-3508-4) concerning the history of our food intake, the development of the Western food pattern to come to the evidence of a healthy food pattern.

In 2016-2017, I published an opinion in De Standaard newspaper, and they published **some articles** about me as an author and about the book. I also had some reviews in other newspapers and I commented about the book on the **national VTM journal** in November 2017.

Currently, I give **lectures** for the broad audience and for health professionals like dieticians and physicians. I am also a lecturer and researcher in the **University Campus Leuven-Limburg**.