



Gary Small, M.D.

United States

Gary Small, M.D. has been a member of the Nutrition Advisory Board since 2011.

Small has authored over 500 scientific works and received numerous awards and honors, including the "Senior Investigator Award" from the American Association for Geriatric Psychiatry, and the "Weinberg Award" for Excellence in Geriatric Psychiatry from the American Psychiatric Association. In 2002, Scientific American magazine named him one of the world's top 50 innovators in science and technology. He is the author of several popular books on brain health and aging ("*The Memory Bible*," "*The Memory Prescription*," "*The Longevity Bible*" and "*iBrain*"), which have been translated into more than two dozen languages.

Small is professor of psychiatry and bio behavioral sciences, the Parlow-Solomon professor on aging at the David Geffen School of Medicine at UCLA*, director of the UCLA* Longevity Center and director of the Geriatric Psychiatry Division at the Semel Institute for Neuroscience & Human Behavior.

His team developed brain imaging technologies that detect the first signs of brain aging. In addition, Small has studied and developed lifestyle and memory training programs for improving cognition and healthy aging, which are available throughout the U.S. in senior centers, community hospitals and assisted living facilities.

* The University of California as a matter of policy does not endorse specific products or services. Small's credentials are for identification purposes only.

The Herbalife Nutrition Advisory Board is made up of leading experts from around the world in the fields of nutrition and health whose role is to educate and train Independent Herbalife Members on the principles of good nutrition, getting regular physical activity, and leading a healthy lifestyle.