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Camilla V. Saulsbury is a writer, recipe
developer, fitness trainer, endurance

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athlete, and creator of the healthy food blog, Power Hungry. She also holds a PhD in sociology with specializations in food studies, health, and medicine.

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Camilla V. Saulsbury is a writer, recipe developer, fitness trainer, endurance athlete, and creator of the healthy food blog, Power Hungry. She also holds a PhD in sociology with specializations in food studies, health, and medicine. Camilla has been featured on the Food Network, Today, Good Morning America Health, QVC, and in multiple publications including the New York Times, Cooking Light, Southern Living,

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Hi, my name is Camilla—thanks for stopping by my website, Power Hungry®! I am a cookbook author (20+), recipe developer, fitness instructor and runner. I am a native

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Northern Californian (San Francisco East Bay), but I currently live in Texas with my husband and son.

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