



Charlie Sheen's Doctor Robert Huizenga Was an Expert on *The Biggest Loser*, Inspired Film *Any Given Sunday*

By Sierra Marquina | November 17, 2015



Matt Lauer, Charlie Sheen and Dr. Robert Huizenga –

Aiding **Charlie Sheen** in making his shocking HIV confession on Tuesday, Nov. 17, was his doctor **Robert Huizenga**. Dr. Huizenga may have looked familiar to some *Today* show viewers, because he's been featured as an expert on NBC's *The Biggest Loser*.

Dr. Huizenga, also known as Dr. H, has appeared on the past 14 seasons of the weight loss competition show, helping contestants shed pounds through nonsurgical methods. Prior to appearing on the series, Dr. Huizenga worked with the NFL and was the Raiders' team physician for eight years. The Harvard grad, who has made countless TV appearances, also penned the book *You're OK, It's Just a Bruise: A Doctor's Sideline Secrets About Pro Football's Most Outrageous Team*, which was the inspiration behind the 1999 flick *Any Given Sunday*.

Appearing alongside Sheen, 50, on the *Today* show Tuesday, Dr. H helped clarify Sheen's HIV diagnosis.

"Charlie does not have AIDS. AIDS is a condition when the HIV virus markedly surpasses the immune system and you're susceptible to rare, difficult cancers and



infections. Charlie has none of those. He is healthy. He does not have AIDS," he explained to *Today* co-host **Matt Lauer** and viewers at home.

Sheen has been seeking treatment through Dr. Huizenga since testing positive for HIV roughly four years ago.

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