



EXPERTISE

Certified nutrition consultant; weight loss, diabetes prevention/blood sugar regulation, ketogenic diet, gut health

INTRODUCTION

Eat well to be well...that is something I learned the hard way. After years of dealing with a host of health problems, such as achy joints, digestive issues, attention and mood problems, debilitating allergies, and weight issues, I turned to nutrition to see if it could finally be the lasting solution for my ailments. Shortly after making changes to my food choices, I had my answer: Yes! It can! Upon coming to the profound realization that proper nutrition lays the groundwork for the body to heal and thrive, I was thrilled to witness a near complete cessation of my symptoms. Come in for a chat about how we can work towards a lasting solution for YOU!

I am a certified nutritionist, specializing in weight loss, the ketogenic diet, gut health, and diabetes prevention/blood sugar regulation. Holding a BS in psychology from the University of Vermont and graduating from Bauman College, a holistic nutrition school in Berkeley, CA, I believe that a healthy mind-body connection is essential for optimal functioning. Using a holistic approach, I strive to find the underlying cause of manifested symptoms in order to create lasting change. While nutrition is a necessary piece of the puzzle, it is but one piece. When working with me, we'll do a thorough examination of your whole person with the aim of achieving optimal health outcomes.

I look forward to supporting you in living your best and truest life! Eat for Health. Be well.

SERVICES OFFERED

- Nutritional Counseling

MAKE AN APPOINTMENT

Email address: info@nourishing-journey.com

Phone: 410-992-3001