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Vibrant Health through Good Nutrition

My path towards a career in nutrition took some unlikely turns. After receiving my advanced bachelor's degree in Diplomacy and World Affairs from Occidental College (Los Angeles), I moved back to the SF Bay Area where I ended up in marketing for two different specialty food companies: Heritage Kitchen Specialty Foods for two years and Ghirardelli Chocolate Company for six years.

My interest in nutrition increased dramatically when I found out I was pregnant with twins in 1997. I had always enjoyed good food and cooking, but the information about what I was putting into my body had become much more important – after all, I was eating for three! Out of my extensive research on the subject grew my passion for nutrition and health. I discovered how the public is often deceived by corporate food giants when it comes to good nutrition, and I made it my goal to empower others to become healthier through better nutrition.

In 2002, I enrolled in the 2-year Nutrition Consulting Program at Bauman College (Penngrove, CA). After graduating, I was asked to join their faculty, and taught Digestive Physiology for three semesters. I now divide my time between my private practice in Sebastopol, CA and my work as a Bauman Nutrition Clinic practitioner. My specialties are weight management, detoxification, and digestive health. So many people are struggling with weight management for various reasons: poor diet (often based on misinformation); stress; toxicity; slow metabolism; lack of movement; and lack of faith that lasting changes can really be made. From my own personal experience with weight management, and work with many clients, I know that long-term results are achievable and sustainable.

My approach to each client is individualized – what works for one client does not necessarily work for the next. Different biochemistries, belief systems, food preferences, and personal situations all enter into the equation when designing a program. Follow-up and support are vital to staying on track, and that's where my programs really make the difference. Clients are free to stay in touch with me by phone or email, and can even email me their daily food journals. In addition, it's very important that my clients know I have a non-judgmental, non-dogmatic approach. Making lifestyle and dietary changes is hard, and achievable baby steps lead to a great deal of progress in the long run.

In addition to in-depth questionnaires/interviews, empathic listening, intuition, and knowledge, I use non-invasive, functional lab testing to help pinpoint what a client needs to reach his/her goals.

In 2008, I began leading 4-week group cleansing programs that have been quite successful for participants. Some of their positive results are weight loss, fewer

headaches, pain reduction, improvement in moods, better digestion, reduction of PMS symptoms, and clearer skin and eyes. The group dynamic contributes greatly to staying on track through camaraderie and mutual support. Last year, I partnered with life and business coach, Heidi Noh-Kuhn (www.daretodreamvisioning.com) to lead 12-week Healthy Living groups. These groups start with the 4-week cleanse, and continue for 8 more weeks with ongoing support, coaching, and nutrition/health education. In 2010, we will be expanding our Healthy Living groups by offering packages to corporations as an employee benefit.

I give back to the community by offering free lectures for schools and other community groups, and I also co-chair the Wellness Committee at Twin Hills School District. Professionally, I keep current through nutrition seminars and lectures, and through my membership in the National Association of Nutrition Professionals.

I always offer a free 10-minute consultation for prospective clients. I also work over the phone, and have successfully counseled clients from Los Angeles to New Jersey. Please visit my website at www.thefoodworks.com for more information and client testimonials.