

Earth and Water Wellness

Nutrition Therapy & Lifestyle Support

Healthy People  Healthy Planet

My Philosophy: Health and happiness come from the inside and are best enjoyed outside; when we learn to declutter our bodies and brains and bring balance into our lives, we help to balance the world around us, too. Travel light - the less baggage we carry, both physically and mentally, the better off we will be. Detox, declutter and delight in the beauty within you and around you!

My Mission: To guide and inspire the active pursuit and discovery of each individual's own personal recipe for a delicious and nourishing good life; with a balanced body and mind, free from food frustrations and eating anxieties. I dare you to delight in life's adventures!

My Goal: To provide programs and experiences that bring vitality and balance to your life from the inside out; through immersion, inquiry and practice, you will be supported while exploring a healthy and sustainable lifestyle as you discover the true meaning of nourishment and satisfaction with whole foods, therapeutic recreation, stress management practices and reconnection to your natural beauty and brilliance; providing a comfortable and relaxed community of fun and freedom. Explore, discover and believe with me!

My Training and Certifications: I am a Board Certified and Registered Holistic Nutrition Professional with a Master Certification in Nutrition Therapy. I am also a certified Personal Trainer through the National Academy of Sports Medicine. With a foundation in functional nutrition and over a decade of experience, I understand the impacts that nutrition, fitness and especially lifestyle have on the metabolic, neurological and hormonal systems. Specializing in supporting individuals with chronic stress disorders, neurological traumas and mood and behavior issues; including anxiety, depression, dysfunctional eating patterns, weight management concerns, and cognitive decline, I provide comprehensive therapeutic programs with proven prevention practices and support strategies and practices.

My Methods and Support Modalities: I offer individual and group nutrition and lifestyle support programs that include whole foods, therapeutic supplements, functional activities and natural stress management techniques to balance the body's systems. I focus on addressing the causes of the symptoms on a whole body perspective. Recommendations and protocols are based on wellness consultations; nutrition needs assessments, functional nutrition analysis and metabolic testing. Wellness action guidelines are coupled with lifestyle support, including hands-on experiences with cooking clinics, kitchen assessments, in-home retreats and group interactive discussion that support your adventure into wellness to detoxify, revitalize and nourish your body, brain and being.



I have a particular passion for cooking and traveling; as well as having fun and getting dirty - I love to play in the outdoors, garden and go trail running and hiking with my dogs. However, I also love to get clean, too - cleaning and organizing my space for clarity and calm.

Come explore, discover and believe with me!