



Welcome to Path to Health!

You're here because you want something. Better health? More energy? Better Sleep or digestion? Whatever it is, I want you to ask yourself a couple of questions.

What's your why? WHY do you want more energy or better digestion? What would life look like for you if you had those things?

AND are you willing to give up the things that are making you sick? Are you willing to do the things that will make you WELL?

We're just beginning our journey and you may not know what those things are yet, but this is the beginning of a new way of eating for you. This isn't a diet program. No counting calories or points. We're going to get you balanced, eating things that you like, and thinking about food and health in a whole new way.

Nutrition Therapy vs. Foundational Health:

What's the difference and why are they important?

Nutrition Therapy is eating, drinking, and taking supplements specific to a health issue i.e. high cholesterol, insomnia, diabetes, hashimoto's, etc.

Foundational health is the basics, the clichés, things that we may have ignored for months, if not years, like drinking lots of water, getting enough sleep, eating veggies, avoiding sugar, etc.

Those foundational things have to be in place, otherwise nutrition therapy won't be nearly as effective. There's no substitute for water. There's no substitute for fiber or protein or sleep.

So you don't have to give up your coffee or wine, but we do have to make sure you're drinking water and getting a decent amount of sleep, etc. when working towards a health goal. Make sense?