



Meet Julia

Julia is a Registered Holistic Nutritionist and Culinary Nutrition Expert. Holistic nutrition is a combination of modern science and time-tested wisdom based on the philosophy that each person has unique nutritional requirements.

Q: What inspired you to become a Registered Holistic Nutritionist?

After several years working as a Registered Yoga Teacher I began to notice that many of my students were striving to be in optimal physical health but were actually surviving off of fragmented and deficient diets. As a firm believer in the importance of holistic health, I decided that in order to fully support my students (and loved ones!) I had to embark upon the journey to become a Registered Holistic Nutritionist. I enrolled in the Canadian School of Natural Nutrition and began practicing the moment I graduated.

Q: Where are your main fields of interest when it comes to Holistic Nutrition?

I really enjoy providing digestive support for those suffering from bloating, heartburn, IBS, bacterial overgrowth and other digestive

disorders. Good digestion is crucial for optimal health. I also enjoy supporting my clients during their weight loss journey and creating customized meal plans featuring delicious and easy-to-prepare recipes. My biggest passion is for fertility, prenatal, postnatal and paediatric nutrition. Good diet makes an enormous difference in the ability to conceive and experience a healthy childbearing year.

Q: What do you think is the biggest health challenge facing most people these days?

In general, one of our biggest health challenges is a lack of education about the importance of diet in preventing disease and achieving optimal health. It is my hope and goal that my services will inspire children and adults alike to take charge of their health and enjoy the benefits of a whole foods and a natural, vibrant diet.

Q: Is there anything else you'd like your patients to know about your qualifications?

I have recently started an Advanced Functional Nutritional Certification Program that will improve my skills as a clinical nutritionist. I am also in the process of becoming a Certified Birth Doula. I am looking forward to combining my knowledge of nutrition, yoga and birth to provide customized support to expectant, labouring and postpartum women.

Q: What do you want a potential client to know about you as they consider you as their Registered Holistic Nutritionist?

My biggest priority is your success! I take such joy in knowing that my services have changed someone's life for the better. I work hard and stay connected with my clients so that they feel supported on the journey up the slope of optimal health.

Book a consultation today! 613-695-5405