



# Meet Laura

Laura 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?**

I really started focusing on my own health and wellness at around age 19. I was constantly starving after workouts, refueling with sugar and processed foods and having unexplained pain in my side. When I brought this up to my doctor, his response was that it didn't make sense why I would have pain in this specific spot; the only thing there was intestines! On top of that, I had been working in one of the most toxic industries for 5 years and was suffering from chronic skin issues. At that moment I knew I was on my own and was forced to do my own research on how to heal my body. During my time studying nutrition I discovered the reasons for these ongoing issues and removed the aggravating foods that were worsening my symptoms!

## **Q: What has been your most satisfying accomplishment as a health professional?**

There is nothing more rewarding than a client coming back feeling so amazing with their accomplishments that they refer a family member or friend for nutritional counseling!

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

I especially love gut health, meal planning, and mindfulness because they are 3 key aspects to explore with each individual to achieve vibrant health! The gut is a star player when it comes to overall health yet is often overlooked when it comes to non-digestive related symptoms like poor mood, low energy, skin issues, or inflammation. Meal planning is often neglected but essential to implement any required dietary changes. Having a healthy, positive mindset when making these adjustments is like the dressing on the salad, and is necessary for enjoying the journey!

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

Having consistency while not being so hard on themselves are the biggest challenges I see clients facing. While having consistency with their new habits is crucial to reaching their goals, I always

reinforce the importance of balance. Not every day is going to be perfect. Reminding them to take it one day at a time, and to go easy on themselves during transition periods is vital. If they start to slip out of these new healthful habits, they don't need to start back at day one. Improving their health is a journey, and there are bound to be many bumps along the way.

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

I want clients to know that I will meet them where they are in achieving their goals and overcoming their health challenges. Often people are apprehensive to book their first nutrition consultation because they think that they are going to have to do a huge overhaul with their diet and lifestyle. They need to know that it doesn't have to be all or nothing when it comes to improving their health. I work with clients who either choose to take it one step at a time or go all in at once!

**Book a consultation today! 613-820-4200 x4**