

Welcome, friends, clients and colleagues!

Practicing nutrition is ongoing!!! We might eat healthy for 3 straight weeks, then by accident of course, whether it is a best friend's party, anniversary or holiday, we blow it. Then we find it is difficult to pick up the pieces then start again.



Yes, there is a mindset to staying on track. Some days are harder than others. You are not alone. These occurrences are very normal. Keep in mind– its okay.

Pick up the pieces and start again. This will happen again and again so be persistent with your diet. Eventually, you will find your diet is actually “changing”.

Read all you can about healthy foods. Look at labels in the grocery stores. Write down what you eat and how you feel after every snack and meal. Keep in mind, we all must practice healthy nutrition. It is not so much about the weight; it is about how good you feel and how healthy you are.

So, I ask all of you to practice healthy nutrition, look for texture in your food and persevere to stay on the path towards a healthy diet and a healthy lifestyle!