

Lana M. Kontos, N.D., LDHS
Board Certified Naturopathic Doctor
Trained and Certified Diet and Lifestyle Intervention Practitioner
Digestive Health Specialist
Author of Affordable, Online, Wellness Programs:

Eat for the WIN for Women: How to Eat for Weight Loss, Immune and Heart Health and No More Menopause Symptoms.

How to Keep Your College Student(s) Healthy, Relaxed and Focused at School.

How to Keep Your Parent(s) Independent & Cognitively and Physically Healthy.

Dr. Lana helps busy Professionals overcome mid- life symptoms such as weight gain, acid-reflux and heart disease with a proven, easy to follow, science- based program.

Lana Kontos: A Board - Certified Naturopathic Doctor who educates busy professionals how to drop weight easily, safely, and naturally as well as improve immune, heart and digestive health without adding more medications, intense work outs or dieting using science- based information, easy to implement steps and a proven program.

Diet and Lifestyle Medicine Practitioner who is trained in specific protocols to prevent and as the research shows, reverse, chronic conditions such as: Terminal Cardiovascular Disease, GERD -Acid Reflux, High Blood Pressure, Elevated Cholesterol and Type 2 Diabetes.

Trained by Dr. Caldwell Esselstyn, Jr. M.D., at the Cleveland Clinic Wellness Institute. Dr. Esselstyn was a surgeon for over 30 years at the Cleveland Clinic and developed the program to reverse terminal, chronic cardiovascular disease. There is a way to prevent the leading killer of American men and women.

Certified in Plant- Based Nutrition at the T. Colin Campbell Foundation, Cornell University, Ithaca, NY. Trained by Dr. T. Colin Campbell, PhD. to use food to help prevent and reverse chronic illness.

Certified Nutritional Trainer for Dr. John McDougall, M.D., Starch Solution Program, CA. Lana learned specific protocols for reducing the symptoms of Auto Immune Diseases and MS.

Trained and Certified at The Physician's Committee for Responsible Medicine's Nutrition Program, Washington, DC. Trained in specific Cancer Care and Type 2 Diabetic food plans.

Founder and CEO of Inspired by Wellness, L.L.C., and her **Eat for the WIN Online Programs**, Lana M. Kontos, ND, LDHS is not a medical doctor, does not prescribe pharmaceutical drugs, diagnose disease, treat conditions, or make any medical claims. Dr. Lana Kontos' programs or private phone consultations are not a substitute for your primary care physician or specialists.

<https://inspiredbywellness.com>

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