

Health Disclaimer

Lindsay is a Certified Nutritionist and Health Coach, certified by the American Association of Drugless Practitioners. She received her training from the Natural Healing Institute in San Diego, CA and the Institute of Integrative Nutrition in New York, NY, USA. Here she studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts, including Dr. Andrew Weil, Dr. Deepak Chopra, Dr. David Katz, Dr. Walter Willett, Dr. Mark Hyman, Donna Gates, and many other leading researchers and nutrition authorities.

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