



NANCY GUBERTI

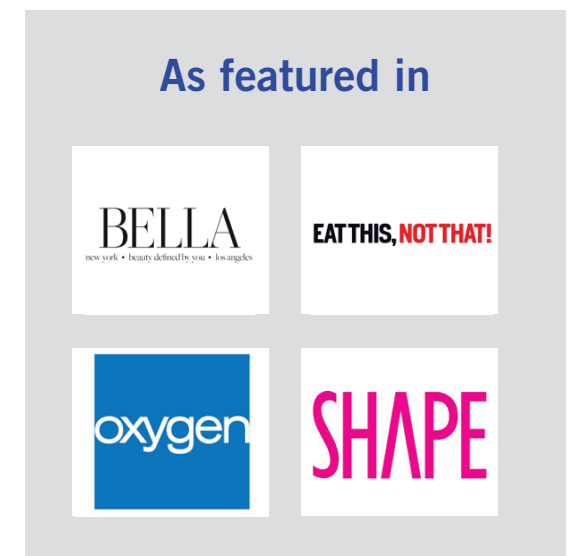
Functional Medicine Nutritionist

Nancy Guberti is a Functional Medicine Specialist, Nutritionist, and Motivational Speaker who empowers others to become their own health advocate and reach optimal health by learning how to live a healthier lifestyle. She is the founder of the Look & Feel Great Method: 9 Steps to a Healthier You, Total Wellness Empowerment Membership, the Biomedical & Nutritional Intervention Approach for Children. and host of the Total Wellness Empowerment Podcast.

Recognized as a thought leader in healthy living, Nancy has been featured in Associated Press, P&G Everyday, Shape, Oxygen, Eat This Not That, Bella NY & LA and other media outlets. She shares her expertise on the DDP Yoga shows and teaches practitioners for homeopathic and supplement companies. She believes awareness will empower others to take charge of their health!

NANCY'S MOST POPULAR MEDIA TOPICS

- ✓ **Look & Feel Great Method: Nine Steps to Health** - *Essential Steps for a Healthy Life* - 18 years of my clinical research shows there are nine steps to achieving optimal health. Master them and you are on your way to a healthy lifestyle. Simple changes in day-to-day living can dramatically improve a person's mental attitude, energy, focus, productivity, immune system and overall health. Listeners will receive the knowledge they need to positively impact their lives—physically, mentally, personally and professionally.
- ✓ **The Good, Bad and Ugly of Nutrition** - *A Closer Look At Your Favorite Foods* - You are what you eat. So, what exactly are you eating? The answer to that question may surprise you! Let's take a closer look. Toxins, processed foods, antibiotic resistance, grass fed but not grass finished – what does it all mean for you, your mental clarity, mood and productivity? Executive A.D.D., anxiety, allergies, depression, weight issues, degenerative disorders and immune issues plague many. We will clear up the confusion on how to eat healthy for your mind and body while enjoying healthy and delicious foods.
- ✓ **Miracle After Corporate** - *From Golden Handcuffs to Golden Lifestyle* - You've heard of the golden handcuffs at Goldman Sachs so why would you walk away from your beloved dream position? For a higher love and mission to heal your own flesh and blood. Sharing the story of challenge and triumph from despair and uncertainty to a higher purpose and a miracle abound. Thinking out of the box in the face of turmoil can be achieved with a silver lining. Listeners will learn the mindset needed and be motivated to face their fears and struggles with renewed strength.



PRAISE

“Nancy gave me the confidence to explore new ways of increasing my health and well-being. I feel more energetic and have lost weight.”
—Brad, UBS Wealth Management

“Nancy connects all the dots and finds a way to help you get back to health. It's all because of you I'm healthy, happy and forever grateful.”—Louise

CONTACT

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