



EXPERTISE

Registered Dietitian Nutritionist and Certified Colon Hydrotherapist

INTRODUCTION

Work with Christi to find realistic solutions that will help you achieve your health and wellness goals, and feel your absolute best. Learn about your body, discover healthy new foods and routines that you enjoy, feel more confident, energized, empowered and so much more!

Christi has experience working with clients dealing with gut and digestive issues, autoimmune disorders, sleep impairment, nutritional deficiencies, hormonal imbalances, anxiety, obesity, and fatigue. She will thoroughly review your personal health, diet, and lifestyle history, including labs and tests from other practitioners. Together, Nourishing Journey will create a sustainable action plan that will improve your overall health, not just your body weight. While we'll focus on nutrition, we will identify and help you correct any poor sleep, stress, or gut health issues that keep you from fully achieving your goals. When helpful, Christi will recommend additional labs and/or tests that can provide more information and lead to better care of your overall health and wellness.

Integrative health and functional nutrition have been lifelong passions for Christi. Originally from New York, her obsession with nutrition led her to travel in her early 20s to pursue a career in global food policy. Nearly two decades of government work left Christi struggling to feel good amidst a seemingly endless schedule of working overtime and less time for herself and her family.

In 2020, Christi returned to her love of wellness and rebuilt her brand on the principle that functional nutrition should be good for your gut. Through her work, she aims to help people demystify wellness trends and learn to love nutrient-dense foods, so they can improve their health.

EDUCATION

Masters Degree in International Affairs from Columbia University
Dietetic internship from Johns Hopkins University Hospital in Baltimore, MD
Bachelors in Dietetics and Nutrition from Lehman College CUNY.
Registered Dietitian Nutritionist and Certified Colon Hydrotherapist.

SERVICES OFFERED

- Nutritional Consultations and Plans
- Colon Hydrotherapy



MAKE AN APPOINTMENT

Email address: info@nourishing-journey.com

Phone: 410-992-3001