

## Meet our Nutritionist...



# Katie Hetherman

RHN NNCP

Registered Holistic Nutritionist  
Mississauga Club

Katie takes pride in her journey to wellness, and she's excited to help others heal through nutrition and lifestyle changes. She grew up emotionally immobilized by anxiety, depression, food allergies and intestinal trouble (and yes, it turns out they were all connected!). She had a very unhealthy relationship with food as a child and teenager.

In 2010, Katie started making the changes that were right for her, including eating a plant-based diet. She noticed she started feeling better, but without any education or community of support, she was soon deficient in iron and B12 and not feeling so hot. This is why she feels that plugging into a community, or seeking the advice of a holistic health practitioner is so key. As Katie got her nutrients under control, her stomach was less of a problem, and she finally started respecting what was going into her body. In practicing mindfulness with food choices, she was able to notice what was making her feel good, and what wasn't.

Upon making some major life choices and lifestyle changes, she eventually adopted a primarily plant-based diet low in inflammatory saturated fats and sugars. It was like the sun came out. Her anxiety was less of a problem, her seasonal allergies all but disappeared. She could be around, and live with, a cat;

had more energy, more colour in her cheeks, and felt stronger and happier than ever. Katie felt more connected to the earth and energy around her. She gained increased respect for animals, and became a generally softer person. Katie started exercising more frequently and found a peace inside of herself that she hadn't accessed before. She developed a profound connection between mind and body and really got to know herself.

Upon making all these connections, Katie knew she had to use her passion to help others, which led to studying holistic nutrition. As a Registered Holistic Nutritionist and Natural Nutrition Clinical Practitioner, Katie is passionate about supporting whole body and mental health with optimal nutrition, supplementation, and lifestyle and psychospiritual changes. She believes in balancing all of the body's systems rather than elevating one at the expense of another. Every person has unique experiences and targets, so no two nutrition plans are the same.

Katie is excited about helping you meet your weight, fitness, and overall health goals!

*"Everybody deserves to feel like their best self."*

