


## Athena, December 2020



**Athena Cochran**  recommends **Empowered Nutrition**.

December 23, 2020 · 

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Katie has been incredibly supportive and a real pillar for change in my life. I started with her in the hopes of losing weight. She showed me so much of my mental health, sleep disturbances, body aches and discomfort and even some surprising symptoms I didn't realise I had were linked to what I was putting in my body. Working with her, I've managed to completely rid myself of nasty toxins while completing a month long detox, lose weight and she's been educating me along the way and completely changing the way I think about food. I would recommend anyone see her whether you need to lose weight or you just want to feel better in general. So many little issues in life are linked to nutrition and she is so knowledgeable and will guide you though so you can lead the best life you can.

Contact: Katie Dillon  
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