

Candice, January 2021



Candice St M  recommends Empowered Nutrition.

February 22, 2021 · 

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I went to Katie after more than 5 years of digestive issues, I was completely lost and did not know what type of food I could eat anymore without feeling in pain.

I have learnt a lot thanks to Katie, specifically on the impact of certain food on my body. I have become aware of my feelings after eating and in general. Katie has been a big help during this process of healing, she understood the roots of my issues from the beginning and I am seeing great results internally and externally. I am very glad to have her support!

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