

Erin, January 2020



Erin Jade ★ recommends **Empowered Nutrition.**

January 14, 2020 · 🧑🏻🧑🏻

I've had two appointments with Katie now and when we first spoke I was having so many issues relating to chronic stress. I had developed fears around food and how they would affect me especially with the added confusion of what's all over the media as "healthy." Katie validated my concerns and completely took the pressure off and I committed to her advice. She made suggestions that worked well with my lifestyle and 3 weeks on my sleep improved dramatically as well as other positive changes. I'm committed to continuing with her advice and definitely recommend her to anyone with poor health or lack of energy or confusion around maintaining a healthy diet right for them. Thank you Katie 🦋

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