

Renae, August 2020



Renae Macgregor  recommends **Empowered Nutrition.**

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August 2, 2020 · 

I went to Katie to see if she could help me with my reflux issues. I was at my wits end and had tried so many things and spent so much money and nothing had helped. Katie explained to me in detail what reflux actually is and how you get it - which had never been explained to me by any other health professional. It now made more sense to me! I had been misdiagnosed 17 years ago and should never have been taking the reflux medication prescribed by my GP! It was actually causing more damage! Katie did a thorough examination of my history and diet etc and put me on to a supplement program which I have been taking now for approx 1 year. It has been an absolute saviour! My life has changed so much for the better and I can't thank her enough! I would definitely recommend Katie for any type of health issues you may be experiencing. She will not give up until she finds the answer! Katie is so warm & kind, approachable and easy to talk to. I am so glad I found her!

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