Welcome to the first of a four part nutrition series titled Inside Out! Nutrition can be an intimidatingly complex topic, and this series is designed to strip it down to its foundations and rebuild a logical, comprehensive, and evidence-based framework that will help you navigate and understand the seemingly ever-changing field.

In Part 1, Mind Matters, you’ll engage the unchanged core message of nutrition, discover why and how it has gotten lost and twisted throughout the years, and set in place foundational pillars of practical nutrition knowledge that will not only inform your everyday life, but will also help you consistently discern between nutritional fact and fiction.

Get ready, because you won’t want to miss a single part of this exciting and inspirational Health and Wellness series!