

From the moment I spoke to Serena on the phone I knew I had the right person!

The first meeting with her I was instantly comfortable. What sets Serena apart is not only her knowledge of nutrition but the support and constant motivation .

Serena takes her time to understand each individual. She has the ability to tailor a dietary plan to meet our unique needs. I say our, because it isn't just me who is doing her program it's also my husband Mike and now my sister.

We are in constant communication with her, receiving positive emotional and motivational support. She is an outstanding dietitian and has had a positive impact on our lives. Thanks to her , I've not only achieved my ideal weight, I developed an understanding of good nutrition.

Serena has truly made a lasting impact on my life, and I am grateful for the influence she has had on my health journey