

**Andrea Davis**

**Holistic Nutrition Counselor**

[www.andreadaviswellness.com](http://www.andreadaviswellness.com)



# *Andrea Davis Wellness*

## Biography

With a strong appreciation for how a busy lifestyle can interfere with the best-laid plans to keep healthy, Andrea has guided and supported many busy professionals and busy parents to achieve a higher level of health, energy, and vitality through individual and group nutritional coaching programs, lectures, workshops, and cooking classes.

Andrea is known to be warm, encouraging, and enthusiastic. Her unique approach teaches clients how to be healthy rather than just telling them what to eat so that they achieve long-term, sustainable success for years to come, and not just during the time that they work together. She provides her clients with both the knowledge and tools to build healthy habits into a busy lifestyle.

Andrea's passion for her own health and wellness always remained a priority for her even during her many busy years on the road and in the corporate world, working in both Wall Street Firms and Management Consulting. As such, she understands the challenges of balancing a busy life and a healthy lifestyle. She chose to change her career and her life by pursuing her passion of helping others achieve healthier, happier lives. In this journey, she has healed herself from the inside out, thus connecting with her clients on a much deeper level.

She writes a nutrition blog for FOX NY and has also written articles for WomenOf.com. She will be featured in an upcoming segment of the TV show, In Your Business.

Andrea holds a bachelors degree from Cornell University and studied nutrition at The Institute for Integrative Nutrition in New York City. She is certified by The American Association of Drugless Practitioners as a holistic health and nutrition practitioner and is also an NASM certified personal trainer. She resides in Weston, CT with her husband.

# Andrea Davis Wellness

## Lectures and Workshops

Andrea can host a lecture series or workshop on site at your organization. These programs are a great way to inspire and energize your group to make positive changes towards a healthier lifestyle.

Please contact Andrea at [andrea@andreadaviswellness](mailto:andrea@andreadaviswellness) or 646.732.8754 to discuss whether a lecture or workshop is right for your organization. Topics can be customized to your audience, but some popularly requested topics include:

- Energy Boosting Foods
- Myths and Tips for Achieving Your Ideal Weight
- 10 Foods for Health, Healing, Longevity & Ideal Weight
- Kicking Your Sugar Habit
- Boosting Your Metabolism
- Basic Tools for Stocking a Healthy Kitchen

## Core Principles

- **Holistic approach:** Look at how all areas of a person's life are connected.
- **No one diet works for everyone:** Each person has unique nutritional needs. Understanding that one person's food is another person's poison.
- **Back to the basics:** Healing your whole self, mentally, physically with whole, fresh and natural foods.
- **It's not just WHAT we eat:** We must also consider when, where, why, and how we eat.
- **Everything is food:** A variety of lifestyle factors create optimal health including healthy relationships, a fulfilling career, regular physical activity etc.

## Testimonials

"Andrea is an excellent teacher and nutritionist! Andrea offers information about nutrition that is practical and easy to implement, so that listeners can make positive changes in their lives quickly and effectively. Andrea's passion for healthy living is clear in every aspect of her work, and she is an inspiration to women who want to be healthy and mindful of the environment."

- Amanda Hofman, Founder & CEO of Urban Girl Squad, Host of Organic Food & Wine Class co-taught by Andrea Davis

"After 2 sessions in your group program, without trying to cut back or deprive myself, I've lost 2-3 pounds! And more important than that, I am totally ready to donate all of my gimmick diet books (I swear I have like every single diet book ever written)!!!! I now truly understand what people mean by not dieting and making life changes. Thanks so much for sharing all of your knowledge and empowering us to make positive changes in our lives!"

- Gina, NJ

"After only one session [and your lecture], not only have I been eating much healthier, but my energy levels have soared and I finally got rid of those last pounds that have been driving me crazy for years. I would not have been able to make these huge changes in my eating habits without you."

- Heidi, NYC