

As a Nutritional Therapy Practitioner, Amy teaches people to learn how to nourish their bodies so that they have enough energy to fully live their lives and love their families. Amy works with people 1:1 and in small group classes. She is certified through the Nutritional Therapy Association. One of Amy's favorite things about working with clients is seeing how their lives are transformed when they learn to get their bodies in balance -- their moods are more stable, they have more energy to have adventures with their families, they feel better, they look better, and they are satisfied eating delicious, nourishing food, no longer slaves to cravings. Amy is also a Physical Therapist with Master's Degree from Ithaca College.

Find out more at

www.amyboNTP.com