

Search for:

- Follow
- Follow

- PROGRAMS
- RECIPES
 - Bowls
 - Breakfasts and smoothies
 - Drinks and Cocktails
 - Quick and easy mains
 - Soups and stews
 - Sweet treats
 - Veggies and more veggies
- NUTRITION
- ABOUT
- CONTACT

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Client testimonials

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□ **"A Nutritionist Who Truly Cares"**

"I am writing to recommend Liat as a nutritionist. My children encouraged me to take advice from Liat after many years of suffering with stomach issues. Liat was professional, patient and caring in all our meetings. She was super supportive and we successfully navigated our way to healing my issues. Liat also helped my husband and calmed his digestive issues. Liat was accessible when I needed extra guidance and fairly priced. We wish her much success in all her ventures going forward."

Sharon & Daniel

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□ **“No More Feeling Stuck”**

“For years, I felt stuck—like I was doing everything ‘right’ but still struggling with fatigue, hormonal issues, and stubborn weight. Liat showed me that healing isn’t just about eating healthy but about eating in a way that actually supports my metabolism and hormones. Now I feel strong, energized, and finally in control of my health. And the extra weightloss isn’t that bad either □”

Devorah K.

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□ **“No More Blood Sugar Crashes”**

“I used to feel shaky, hangry, and exhausted throughout the day, constantly reaching for sugar and caffeine. Liat helped me balance my blood sugar in a way that felt simple and sustainable. My cravings disappeared, my energy is steady, and I no longer feel like I’m on a rollercoaster of highs and lows. Thanks for everything, Liat □”

Rachel S.

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□ **“From Infertility to Thriving”**

“After months of struggling to conceive, I felt hopeless. Liat helped me understand the missing pieces in my nutrition and stress management, and within a few months, I saw huge changes. My cycles became predictable, my energy improved, and best of all—I finally got pregnant! I’m forever grateful for her guidance.”

C.B.

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□ **“More Energy Than Ever”**

“Before working with Liat, I was exhausted all the time. No matter how much I slept, I felt drained, moody, and out of balance. She really used such a personalized approach and listened to all my needs and preferences. She never just settled to giving me a solution that worked for everyone else.

I really learned how to nourish my body properly, balance my blood sugar, and support my hormones naturally. I've never had this much energy in my life!"

R. L.

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