

BIOGRAPHY



Patricia Dominguez, Registered Holistic Natural Nutritionist, Counselor and a Raw Food Consultant is the Director of Integrated Nutrition Canada. Prior moving to Canada, Patricia obtained a Law degree in Mexico and a counselling degree from the University of Tampa, Florida, USA.

She has blended all her past experience and skills to help people take control of their health by empowering them with the knowledge of the power of living, nutrient-dense foods. She truly believes "*Food is the first line of defense against illness and a roadmap toward wellness*".

Patricia's passion is to research the impact of food in the body and to find out which foods energize and nourish the body best. Thus she discovered the principles of nutrient-density in food and the life force within it.

Patricia has become an expert on helping her clients getting rid of toxins, chemicals and waste material out of the body to reach the highest levels of health and prevention of illness.

Patricia writes nutrition articles for various newspapers and magazines, where she has the opportunity to share her research, not only about food but overall health.

She is also very active in the community organizing health and wellness events to bring more awareness of healthy living.

Patricia offers seminars and nutrition talks to companies, government agencies, and different types of corporations where she shares practical knowledge on healthy nutrition. She also shares her skills and knowledge as a counselor to help people engage gradually into nutrition and lifestyle adjustments, improving energy levels, beating fatigue, losing weight, preventing illness and feeling their best!

To find out more about Patricia visit:

www.integratednutrition.ca

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