



Dion Turner

Dion Turner is a registered and licensed dietitian with more than 35 years of experience in the health care field. She has been a business owner, clinical and consultant dietitian and food service director for new hospitals and nursing homes.

She retired in 2020 and has been cooking for people after surgeries and for new moms specializing in lactogenic and healing foods.

Dion is certified through LEAP (Lifestyle, Eating, And Performance) specializing in food sensitivities and diet-induced inflammation for individualized nutrition care.

She has become interested in nutrigenomics to understand the intricate balance between our genes, metabolic processes and the impact that the food we eat has on our health.

Dion believes that personalized nutrition along with basic cooking skills are the key to improving health outcomes and empowering clients to manage, reduce and/or prevent chronic disease.