



Hi, My name is Mel Staley, I am a Holistic Nutritionist. I found myself on this journey a few years back. My health wasn't great, I was overweight and unhappy and decided I needed to make some changes. I lost 41 pounds and became an aquafit instructor and was loving life. I got pregnant with my son shortly after and when I was pregnant I was diagnosed with gestational diabetes. During this time I saw a hospital dietician who told me that it was okay to drink diet soda. Something about this information didn't sit quite right with me and I followed my gut, that led me to do some research. Why was such advice being given when

sweeteners such as aspartame are a known carcinogen and actually spike blood sugar causing all sorts of dis-ease within the body? I also did an amazing course called the riseup resilient protocol with a Naturopathic Doctor in my city. This course really helped me get my own health back on track and bring a more holistic approach to my life. During my research phase I stumbled upon Food Babe, I'm sure most have heard of her. Her book feeding me lies inspired me to dig deeper. I have a Diploma in Recreation, and Early Childhood Education but holistic health became my passion so I decided to go back to school and I went to the Canadian School of Natural Nutrition, so I could help others reach their health goals. I know first hand how hard it can be to reach your goals while living in a toxic world that is trying to poison our bodies, hearts, and minds. I hope I can be a part of your journey and customize an individualized plan to help you reach all your health goals!

***Feel free to contact me through instagram  
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**Thank you for including me in the  
Wholesometarian Community! <3**