

Natasha is Wide Eyed



Treat yourself to a bigger slice of life

Natasha Hodge

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Bio:

After 40 years of chronic eczema, yo-yo dieting, health issues and watching loved ones suffer devastating illnesses, a part time job with a health supplement company led to her discovering that the advice on what to eat for health was not all it seemed. Upon finding that the current dietary guidelines have no scientific foundation and instead work against our biology, she qualified first in diet and nutrition and later in the management of diabetes. The shocking truth has made her Wide Eyed. Using her cookery skills acquired through her fussy childhood and subsequent career changes she has created over one hundred (and counting) nutrient-boosting recipes used in the food and knowledge course which has allowed her clients to heal themselves as she has.

Fun facts:

She worked as a chocolatier making truffles and honey salted caramels while studying for her nutrition diploma. Being sugar free she was their most trusted employee as she was never tempted to swipe a taste!

She can make a low carb version of any savoury food.

She is a jazz singer.