

“(I)t’s been almost two months since I worked with Karen. You see, it’s easy to say that someone has made a difference in your life and has truly shown you great things when they’re right in front of you week after week. It’s another thing to go 60 days without them and have them leave a lasting impression on you. But that’s exactly what Karen has done for me.

Sixty days after finishing my program with Karen, I am still looking at foods and exploring my diet in ways I never would have without her. I don’t just see food as another thing in my day to swallow down. I see how it affects everything in my day from my mood, my concentration, my focus, my patience, and more. I see food as a way to heal my body and keep it happy and have come to better understand the types of foods and nutrients that are best for me.

Karen’s website states, “Intuit Nutrition is an investment in you”. That could not be any more accurate. I’m not only glad I invested my time and trust in Karen, but that together – we invested so much knowledge and power into my life. Thank you, Karen!”

~K.D.C.