

Maria Emmerich is a wellness expert in nutrition and exercise physiology and the founder of keto-adapted.com. Maria's success stems from her passion for helping others reach and sustain optimal health through programs and education that works on a personalized level. After struggling with her weight throughout her childhood, she decided to study health and wellness so she could help others who are discouraged by their appearance and do not feel their best mentally. She is the author of several cookbooks and three nutritional guidebooks, including: Global Bestsellers *"The Ketogenic Cookbook"* and *"Quick and Easy Ketogenic Cooking"*. Maria's blog, mariamindbodyhealth.com, includes a unique combination of innovative recipes using alternative ingredients to less-healthy options and easy-to-understand explanations of why these options are better for our health.

The nutrient-rich approach that she developed for herself and the little-known replacements for high-glycemic starchy foods and sugar are what finally gave her total peace with food, something she never imagined possible. She has helped thousands of clients achieve optimal health and wellness feeling better than they ever thought they could feel.

She also runs a support site for getting all your questions answered at keto-adapted.com.