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INTERNATIONAL BESTSELLING AUTHOR

Maria Emmerich



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Maria Emmerich struggled with her weight throughout high school and college, despite doing exactly what she was told to do: eating low-fat and exercising. She decided there had to be a better way and eventually discovered that a ketogenic diet was able to heal her IBS and acid reflux and improve her health in innumerable ways. Maria runs a thriving nutrition consulting business, and her clients have found that a ketogenic diet also improves problems with high blood sugar, metabolic syndrome, and more—weight loss is just a bonus. Maria is the author of nine books and cookbooks on how to eat for better health. She lives in Wisconsin with her husband, Craig, and their two children, Micah and Kai. Learn more about Maria and her services at mariamindbodyhealth.com.