

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](http://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.