

Maria Emmerich

Maria Emmerich is a nutritionist who specializes in the ketogenic diet and exercise physiology. She struggled with her health and weight throughout childhood which led her to become such a passionate nutrition expert. *"My goal is to help transform people's lives and start living again!"* Maria specializes in brain neurotransmitters and how food can increase mental wellness. Her expertise has sent her around the World speaking about ketogenic diets. She has also cooked with Halle Berry and writes for Halle's website.

She is also an International Best Selling author of several books including "[Quick and Easy Ketogenic Cooking](#)" and "[The 30 Day Ketogenic Cleanse](#)". She also authored 10 other books including several cookbooks and 3 nutritional guide books including the best-selling book "[Keto](#)." Some of her readers include, Halle Berry, Valerie Bertinelli and Al Roker.