

Suzanne Amsbaugh Aziz Nutritional Educator & Holistic Chef

Suzanne Amsbaugh Aziz is a Nutritional Educator and a Holistic Chef. She was diagnosed with breast cancer in May of 2007, and with this news she decided to make some big changes in her life. After 27 years of being a Cosmetologist, she decided to eliminate the chemical exposure to her body. Following her battle with Chemo, Suzanne went back to College to follow her passion of Nutrition and Cooking. This decision landed her attending the Holistic Nutrition and Culinary Arts school of Bauman's College, located in Berkeley, California.

After graduating in 2009, Suzanne took the knowledge she learned at Bauman College and started her healing journey. Suzanne loves to share with others about how to help them to heal their bodies. She is a positive, creative, and a very social person who enjoys sharing her passion of eating for health. She believes nutrition is one of the main keys to a healthy lifestyle and he or she who eats the most vegetables wins. One of her many goals is to be a healthy and active old lady.

With her career as a Nutritional Educator and a Holistic Chef, Suzanne has worked as:

- Personal Chef - Educating her clients on the importance of working with Seasonal, Organic, Unrefined, and Local foods, as well as good nutrition and a healthy digestive track.
- Teacher of Specialty Cooking Classes - Designed menu plans with recipes to aid in weight loss and also to build muscle mass. Helped people to diminish and eliminate inflammation in their body, which aids in combating autoimmune diseases. Created a program to help individuals with cancer before, during, and after treatment. Nutritional health for hormonal changes, healthy food plans for diabetics, etc...
- Home Health Advisor - Went to client's homes to clean out pantries, pick out proper pots/pans, and make their kitchen clean & green for optimal health.

Suzanne is willing and open to helping anyone that wants to take their health into their own hands and improve overall well being to enjoy life. Our body is a beautiful creation and it wants to heal and be healthy. We just need the tools and right information for our body to thrive and feel good. Suzanne looks forward to meeting you and helping you make the best investment for your life.