



Practitioner Corner:

Meryl Brandwein RD/LDN

While many of us separate our work from the rest of our lives, I consider myself blessed that I am able to live, breathe, and literally eat the work I am so passionate about.

I am, a self described “Out of the Box”, Registered Dietitian (some may even call me a rebel) Licensed Nutritionist. My practice involves a wholistic approach to not only nutrition but to all of life. With a focus on the principles of Traditional Chinese Medicine, Alternative Medicine and Functional Medicine, I am able to provide my clients with a well balanced approach to health.

I wasn't always the “Out of the Box” thinker that I am today. I started out with a very conservative view of nutrition, and was steadfast in my thinking that there was no need for supplements if a person simply ate the right foods (which, at that time, meant choosing variety of items from the four food groups.) Little did I know that this model would soon be turned upside down and inside out. In November of 2000, just six weeks after the birth of my third child, I was diagnosed with Hodgkin's Lymphoma. The irony of it was that I was considered by many to be the “healthiest” person they knew. After all, I ate all the “right” things, and exercised and took good care of myself. As much of a shock as it was, I was faced with it and was determined to do whatever it took to beat this dreaded disease.

Chemotherapy and radiation left me physically debilitated. My immune system was so compromised that I would become ill every 4-6 weeks. I was frustrated both physically and emotionally. At that point, my mother in law, the alternative medicine guru of the family, practically insisted that I go with her to a clinic in Mexico for rejuvenate treatments. I agreed, and the experience changed my life. I was introduced to some of the most intelligent minds in the area of cancer research and alternative therapies. I was astonished at what I experienced and learned. I knew at that point that my narrow vision of what

I considered to be “health” must change. After that trip I began to research, learn, and incorporate alternative and integrative therapies into my own life and practice.

I have come a very long way from there, both personally and professionally. It was an experience I will never forget, and I am convinced that there was a purpose to all of it. I continue to educate myself in all aspects of alternative and integrative health to improve not only my own health, but that of my family, friends and clients' as well.

My goal now is to empower people to take charge of their own health. To not only provide them with the tools to do it but to teach them HOW to do it. I provide real, practical answers to questions. Not merely text book facts.

I conduct cooking demonstrations that teach the principles and philosophies of whole food nutrition in an exciting interactive manner. My practice has now expanded beyond the seat of a desk, and my forum is now a well stocked kitchen. I teach people not only how to cook, but educate them about the why's of whole foods. My aim is to bring people back into the kitchen. Somewhere along the line of fast food and packaged meals, we have lost the art of cooking. We have become far removed from nature and are undoubtedly suffering some serious health consequences because of it. Ultimately, the purpose is to teach people how to reclaim the kitchen and turn it into their own sanctuary for health.

Meryl Brandwein offers Enlightening Cooking Demonstrations.

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