

Turning a New Leaf

TAMARA McINTYRE, BSc.(HONS),R.H.N.

Holistic Nutritionist, Abaton Integrative Medicine

Hi, my name is Tamara and I am the newest addition to the Abaton team! I am truly passionate about healthy eating and wellness.

I believe “we are what we eat” and that healthy eating and a balanced lifestyle are necessary for optimal health.

As a Registered Holistic Nutritionist, I strive to educate and guide individuals and families on a path to a more vibrant life.

I have a particular interest in helping health-conscious women who struggle with weight issues, hormonal imbalances, mood disorders, digestive issues or other chronic health challenges.

As a busy Mom of 3, I understand how stress and hectic lifestyles can influence our health and make it more difficult to make good food choices. My goal is to help people achieve optimal health through diet and lifestyle changes in a way that is manageable and compatible with their lifestyle.

