

Laurie Peterson

Professional Summary

Passionate Naturopathic Nutrition Consultant dedicated to helping clients adopt a naturopathic lifestyle by educating on the benefits of whole/natural food, exercise, and stress management

Well-spoken support group counselor

Community-based lecture series consultant on various health and wellness topics

Cooking demonstrator for whole food meal plans

Certified by Certified Natural Health Professionals Inc.

Qualified Muscle Response Testing, Iridology, Bach Flower practitioner

Experience

Current Mustard Seed Nutrition Waymart, PA

Naturopathic Nutrition Consultant

- Assessing clients nutritional needs via; medical history intake, muscle response testing, iridology, review of 5 day dietary intake journal
- Developing individualized nutritional plans that help support clients current needs
- Instructor for 12 week group weight-loss program for classes ranging from 15-20 participants

Current Mustard Seed Cafe Waymart, PA

Owner

- Hiring/Scheduling of all staff
- Planning menu, ordering food/supplies from various vendors, customer service
- Baker: developing recipes utilizing unprocessed flours, grains, and natural sugars

1993-2013 Halfway House Restaurant Honesdale, PA

Manager

- Hiring/Scheduling of all wait staff
- Ordering food/beverage/supplies from various vendors
- Multitasking as waitress/hostess/receptionist as needed

1990-2006 Wayne Memorial Hospital Honesdale, PA

Rehab Coordinator

- Medical billing for long-term care rehab department including physical, occupational, and speech therapy
- Patient scheduling
- Employee Fitness Program coordinator

Education

2010-2013

Kaplan University

Ft. Lauderdale, FL

Bachelor Degree Health and Wellness

- Presidents List consistently throughout program
- Emphasis on complementary and alternative medicine, contemporary nutrition, fitness and exercise, and stress management
- Minor in nutrition with emphasis on sports nutrition, nutrition across the human lifespan, special population nutrition, and nutrition counseling

2011-2013

Trinity School of Natural Health

Warsaw, IN

Naturopathic Nutrition Counseling

- Emphasis on assessing client nutritional needs utilizing detailed medical history intake, muscle response testing, and iridology
- Emphasis on developing nutritional plans
- Emphasis on nutritional support via herbal and enzyme supplementation

References

References are available on request.