

Barbara Gallaer Smith, RDN

SPEAKER • AUTHOR

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Lyme Disease, according to the CDC is the fastest growing vector-borne, infectious disease in the United States today. The CDC reports that 300,000 people are infected every year. Many people go undiagnosed and develop chronic health issues as a result.

Diet and Nutrition can improve the treatment outcome and recovery process from Lyme disease. Eating the right foods can shorten recovery time and increase productivity levels.

Let Barbara share her personal experience with Lyme and more importantly her professional expertise. She provides audiences with facts, strategies and specific tips on how to incorporate current Lyme nutrition guidelines into their lifestyle.

Keynote, Breakout and Workshop Topics:

available for Health Professionals or General Audiences

- When Life Hands you Lyme...Make Lyme-ade!
- Lyme Nutrition Guidelines and Strategies
- Lyme Disease Facts, Prevention and Treatment Strategies

Barbara empowers her clients to make the most effective changes in their lifestyle and eating patterns so that they will feel well enough to enjoy life again. Her passion for food, people, science and “the great outdoors” contributes to energizing, authentic and motivational programs.

BIO Barbara is the President of NutriAlly, a nutrition consulting company. She is a Registered Dietitian Nutritionist and Health/Nutrition Coach specializing in Lyme Disease, Digestive Issues and Weight Struggles. She also runs a Lyme Disease Support group in New Jersey.

7 Nutrition Strategies for Lyme Treatment and Recovery



Barbara Smith
RDN, CLT

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NutriAlly.com

Latest Book Release:

It takes more than antibiotics to treat and recover from Lyme disease and Co-infections! In “7 Nutrition Strategies for Lyme Treatment and Recovery” receive specific guidelines for nutrition and lifestyle patterns to shorten Lyme disease treatment and recovery times. Learn how diet changes can improve brain fog, pain, energy levels and digestive issues. “

“As a result of Barbara’s presentation one of my family members who had been ill for 2 years was able to get diagnosed and treated for Lyme disease”.
D.B., New Jersey