



Diana S. Alberti, RDN, CDN, RYT is a Registered Dietitian, Mind-Body Nutrition Coach and Yoga Instructor, Women's Circle Facilitator and Priestess. Diana practices a mind-body approach to nutrition, physical activity and well-being. Diana helps women reach their highest goals with strategies that nourish, rather than with typical dieting strategies that punish, restrict and consume our life. Her approach is positive, empowering and uplifting, and goes far beyond classical nutrition by focusing on the fascinating connections between brain, body, and behavior. Empowers women to develop a healthy relationship with food, body and mind. Diana's mission is to help women start living confidently in their own skin, feel empowered and to take care of their whole self from a place of Sovereignty and start living more fully and authentically.

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