

Studies

- 2002**
Graduate
- University of Teesside**
- **BSc (Hons) Nutrition and Health Science**
- 1991-1994**
- Deree – American College**
- Marketing Management and Psychology

Professional Experience

Self Employed Nutritionist

- 2005 –
Onwards**
- Healthy diet, vegan diet, macrobiotic diet, pregnancy and lactation nutrition, children's nutrition, athletes nutrition, obesity, eating disorders
 - Athletic Nutrition Consultancy, London 2012 – CCW
 - Speaker in Seminar for Nutrition & Supplements, London 2012
 - Athletic Nutrition Consultancy, Glasgow 2014 – CCW

Nutritionist at Vita Equalis Diet Clinic

- 2002 - 2005**
- Healthy diet, vegan diet, macrobiotic diet, pregnancy and lactation nutrition, children's nutrition, athletes nutrition, obesity, eating disorders

James Cook University Hospital

- 2001 - 2002**
- Practice as Nutritionist for NHS

Iaso Maternity Hospital

- 1996 - 1999**
- Administrative Staff

Seminars

- 2002 - 2014**
- Obesity, Prevention and Treatment
 - Genetically modified food
 - Organic Food
 - Thyroid disease treatment diet
 - Food Supplements

Conventions

- 1st Balkan Congress on Obesity
- 3rd Cyprus Dietetic Association Conference