Holistic Nutrition Coach

Barb Minemier

Barb Minemier is a holistic health and wellness expert who helps men and women lose weight and heal the inflammation from within by counting chemicals, not calories.

She's a sought-after speaker for organizations, corporations, and wellness events. Barb is known for her "tell it like it is" approach that empowers audience members to take control of their health, increase their focus, energy levels, and overall wellness. This results in better engagement, productivity, and satisfaction in the workplace.

Presentation Topics

Ingredients Matter

The 3 o'clock slump. Lethargy. Inability to focus. Low productivity. Most of these issues can be resolved by becoming more involved and engaged in your own health. Barb teaches audiences the importance of reading ingredient labels, what to look for, what to avoid. It's those ingredients that have you gaining weight and feeling sick. Knowing what is really in the food you are eating is key to living a long and healthy life.

What You Should Know That Your Doctors Aren't Telling You

Instead of spending your money on doctor visits and prescriptions (that come with their own side effects), Barb teaches audiences how to reverse many of their health issues simply through nutrition.

Two-Week Group Detox – Are You Up for The Challenge?

In two short weeks, you will learn just how easy it is to feel good in your body again - free from pain and limitation. Say good-bye to stomach bloat, brain fog and chronic fatigue and say hello to more energy, more clarity, and better sleep. Oh, and did I say drop 6 to 10 pounds? I will show you how!

Healing The Gut

In this talk you will learn where and how disease begins, and if left unaddressed, what it becomes: from inflammation to leaky gut to food sensitivities to auto-immune disease, and final stop, chronic disease. The good news? You can reverse all of it.

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Fees negotiated with individual provider