

Liz Morgan

Bio:

Liz believes in the built-in wisdom of our bodies. Liz trusts in the hospitality of nature to cultivate our life force.

Liz's journey to becoming a Functional Nutritionist began when a college epiphany over a can of refried beans revealed that what's good for us humans is good for the earth too. As an environmental lawyer she realized that healing the planet would be doomed until we learned how to heal ourselves first.

Liz is the founder of Liz Morgan Nutrition, a nationwide tele wellness clinic. Liz specializes in the deep physiological healing needed to overcome living out of balance in a toxic, stressful, malnourished society. She specializes in restoring correct function to the body with a focus on digestion, sugar handling, food reactivity and calming down mysterious and persistent chronic symptoms.

Liz is an investigative nutritionist. She empowers people to honor the true needs of their bodies and brains, and to be loving and knowledgeable caretakers of their own being.

Suggested Topics:

- How to break free from the food fad frenzy and give your body what it really needs to thrive.
- Test, don't guess. What functional lab testing can reveal about what your body needs.
- Why it pays to go beyond medical care alone and support your healing with wholesome at-home strategies as well
- The difference between what can be done TO you vs. what you can do FOR yourself.



Suggested Questions:

1. Why did the diet that worked for your friend, not work for you?
2. What's normal and what's not. What level of health can we expect?
3. What is the difference between a maintenance diet for healthy people and a healing diet for sick and recovering people?
4. How to wake up feeling rested and ready to tackle the day?
5. Why is a broken digestive system such a common root cause of illness and what can be done to fix it?
6. What's the difference between hypoglycemia and hyperglycemia? Is sugar really all that bad?
7. It sounds hard. How do I know it's working?
8. How did your first month of life break you and what did you have to do to recover?

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