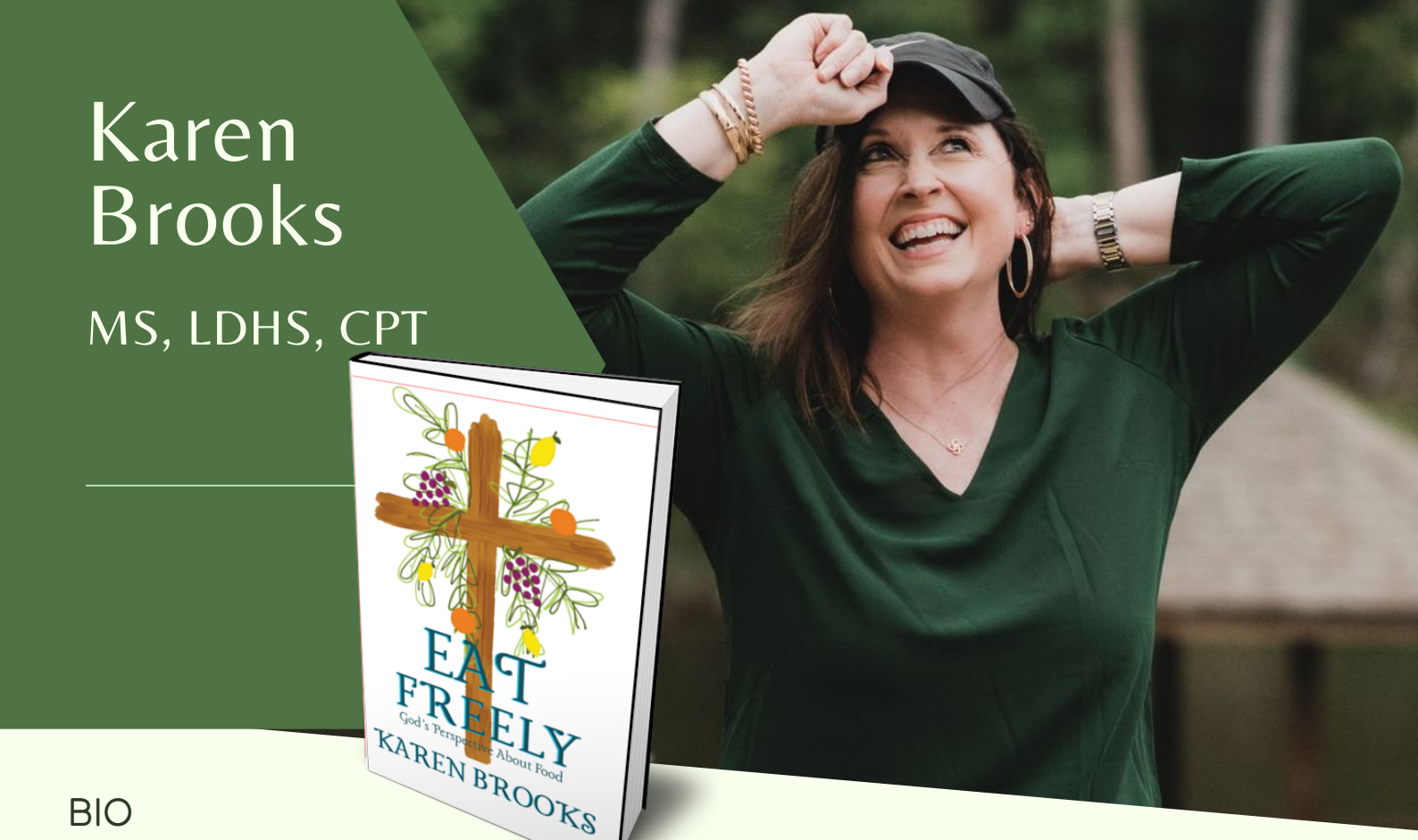
Karen Brooks

MS, LDHS, CPT



BIO

- Karen Brooks can usually be found researching and writing about food and the human body. She holds an undergraduate degree from The College of William and Mary and a Master's degree in Nutrition and Human Performance from Logan University. Karen is an avid reader, fitness enthusiast and cook.

Book synopsis

- Eat Freely: God's Perspective About Food is not a guidebook on what to eat and what not to eat. Instead, it is a guidebook on how your relationship with food can change when you know the Creator's spiritual perspective. By eating freely, you'll find your way to eating well and enjoying the gift of food.

Questions

- Why people have dysfunctional relationships with food?
- How does stress affect your digestion?
- Why women should eat more and exercise less?
- How to make food even more nutritious?
- Where do I struggle with food?
- How can breathing correctly improve your health?
- What is it like to be a quadruplet?

Topics

- The connection between food and the cross
- The food industry
- Stress and digestion
- Why the body has symptoms
- Traditional cooking methods
- How I started on this food journey
- The lymphatic system and food
- Breathing benefits

Get in touch/Book me

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