

My nutritional life consists of eating gluten free, dairy free and sugar free. I have severe thyroid disease and this type of lifestyle helps tremendously. Eating this way has helped me not only physically, but mentally and emotionally. I can actually tell that I can think faster and process faster, as well as perform better. Since I am a dancer, diet is a key part to keeping our bodies healthy. This style of eating can be hard to transition into, but here are some of my favorite foods!

