Meet the Team

emotion

Jessica Mantell
Nutritionist M.S.Ed, L.D.N., C.N.S.

Nutrition is a pillar of physical and mental health. Good nutrition contributes to the optimal functioning of the brain leading to the experience of well-being and motivation. I am passionate about educating others on the power of good nutrition and a healthy lifestyle and using a holistic approach to address the root cause of health issues.

I believe that better health should be accessible to everyone and that we all are able to improve it through good nutrition, physical activity, and lifestyle changes. I do not support setting shame-based goals but rather encourage embracing our bodies, genetics, and personality. My philosophy is abandoning the 'One Size Fits All' mentality to create a personalized wellness plan based on your biological makeup and your lifestyle.

At the University of Miami, I earned my bachelor's degree in Exercise Physiology and a minor in Psychology, Spanish, and Art History, and my master's degree in science in Exercise Physiology and Nutrition. I am a licensed Nutritionist/Dietician and a Certified Nutrition Specialist.

I am an expert on gut healing and have helped hundreds of people, over the last couple of years, resolve uncomfortable gut issues such as bloating, gas, changes in bowel movements, GERD, and more. I also work with those who are suffering from autoimmune diseases, mental illness, hormonal imbalances, and weight management.