



**WATERDOWN CLINIC**  
of Naturopathic Medicine

## **Anita Sauvé CNP**

**(Certified Nutritional Practitioner)**

Anita is a graduate of the Institute of Holistic Nutrition. She is passionately committed to empowering people with knowledge about what goes on their plates.

"I believe nutrition is the single most important factor in achieving and maintaining an optimal state of personal health and wellbeing."



Anita works with clients on an individual basis to increase energy levels, decrease toxins and improve digestion. She uses Nutritional Symptomatology, Iridology and Psychology of Disease to develop personal programs in support of any health concerns her clients may have. Anita teaches cooking classes in her own rural kitchen and is available for classes in private homes. She also lectures and does food demos for both corporate clients and public groups.

Prior to becoming a nutritionist, Anita obtained a Bachelor of Commerce degree from the University of Toronto and spent many years successfully opening and running restaurants. Through the cooking schools she set up in restaurants, Anita realized the great thirst for knowledge many people have regarding what to eat and how to prepare tasty and healthy foods that the whole family will enjoy.

In her free time, Anita enjoys cooking, travel, caring for her organic garden, playing in the outdoors, biking, hiking, sailing, scuba diving and spending time with her husband, son and two high energy dogs!