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About me

I'm on a mission to help people with chronic kidney disease (CKD) slow progression and improve quality of life through personalized, plant-focused nutrition. As a board-certified renal dietitian that has worked across the United States, I've seen firsthand how many patients in dialysis wish they received better guidance earlier. That's why I created PPK- to empower people with CKD before it's too late.

Through evidence-based education, coaching, and community, PPK has helped thousands take control of their kidney health. The Plant-Powered Kidneys brand resonates with a growing community seeking supportive, realistic, and actionable health content.

I specialize in bridging the gap between clinical nutrition and real-life application; a sweet spot for brands looking to align with integrity, education, and wellness.

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