Amy is a registered dietitian and certified diabetes educator. She attended school at the University of Wyoming and completed an internship with the Veteran's Administration in La Jolla, California.

Amy finds her work most rewarding when her patients utilize her coaching, and return with appreciation for the way it has changed their lives, for the better. She uses her nutrition expertise to help individuals make personal and positive lifestyle changes. She strives to assist others in translating the science behind nutrition into practical solutions for a healthier life.