



KEBBIE STINE

MASTER NUTRITION THERAPIST

BACKGROUND

Kebbie grew up in the beautiful hills of North Carolina where she learned to love the outdoors with her three brothers. She participated in high school athletics including tennis, swimming and soccer and still loves a good workout today!

EDUCATION

Kebbie graduated from the University of North Carolina in 1998 with a Bachelor's degree in Psychology, and promptly moved to Colorado that summer. Falling in love with everything Colorado, she never left! When her second child started school Kebbie decided to go back to school to follow her passion and completed the Master Nutrition Therapist program at Nutrition Therapy Institute in 2017.

WHY ARE YOU A MASTER NUTRITION THERAPIST?

"I decided to practice nutrition after my son started having difficulties in school. Once I began to delve into the research on how exactly food and lifestyle affects us both physically and mentally I knew this was what I wanted to do with my life." Kebbie is devoted to nutrition and the power of food to heal the body. A believer in the holistic approach to wellness, she specializes in incorporating nutrition, lifestyle and human spirit to create a foundation for health. She is a proponent of educating people on how to be a participant in their own health by giving them the tools to accomplish their wellness goals.

AREAS OF SPECIAL INTEREST

Kebbie works with an array of issues including weight loss, autoimmune disease, adrenal fatigue, cardiovascular problems, hormone balance, IBS and other GI issues, neurological disorders, fertility, pregnancy, postpartum and pediatrics to name a few. She is well versed in many different diets including ketogenic, paleo, anti-inflammatory, autoimmune, MIND, traditional, vegetarian, etc.

WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

Kebbie enjoys getting outdoors with her husband and two children camping, hiking, biking, and skiing. She is devoted to gardening, her six chickens, fish, bearded dragon and the beloved family dog.