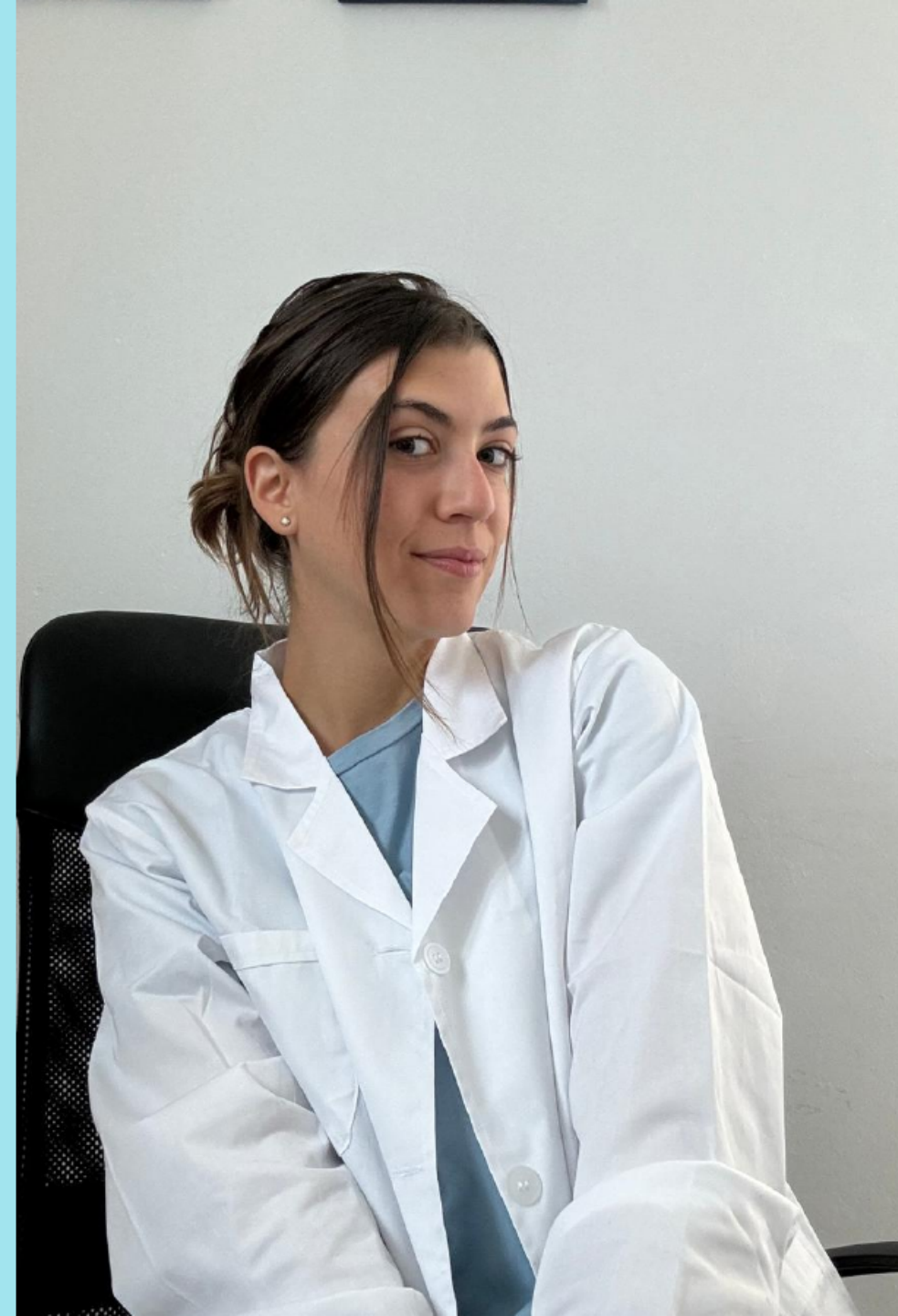


DR. NOEMI DURÈ

Nutrition Specialist
MA in Human Nutrition Sciences

Nutrition & Lifestyle · Online Worldwide



ABOUT

Meet Noemi Durè



I'm an Italian Nutritionist with a Master's in Human Nutrition Sciences and a background in movement and posture adjustment.

I help people look and feel their best by bringing the time-tested wisdom of the Italian lifestyle into everyday life.

I already work online with clients abroad and I do believe distance is never a barrier.



**MA Nutrition - San Raffaele,
Milan**



Online, worldwide



Based in Italy



Mediterranean method

MORE THAN A DIET

The Italian Method & Anti-Inflammatory Diet

Generations of Mediterranean eating, confirmed by modern science. It's how you can enjoy real food every day and still stay in shape - not through restriction, but through quality. Fiber, good fats and protein keep you satisfied and steady your blood sugar, naturally supporting a healthy weight and metabolism.



It's one of the world's most studied and recommended ways to eat.



Fresh fruit, vegetables & leafy greens for optimal vitamin intake



Carbs are not bad if you know how to eat them



Olive oil is a Mediterranean staple rich in healthy fats