

Lauren Living Healthy

LIVING HEALTHY IS IN MY DNA.



LAUREN RASHAP, CN



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I am third-generation nutritionist offering specialized corporate wellness services through event speaking, workshops, and consulting. From lifestyle to nutrition tips, I've got your team covered.

SIGNATURE TOPICS

- ✓ Brain Food - What to Eat to be Smarter and Help Avoid Memory Decline
- ✓ Kick the Sugar Habit - 3 Days to Reduce the Cravings
- ✓ Hacks to Hormonal Balance
- ✓ One Day to a Better Gut Microbiome
- ✓ Supplement Essentials - What Should You Take?
- ✓ Office and Home Detox
- ✓ Sleep Deep - The Secrets to Sleeping Soundly
- ✓ Mini Meditations - 10-min Techniques to Start Your Day Right
- ✓ Demos - Cooking Healthier Alternatives



"I now have tools like meditation and gratitude to help me deal with the stress of my job."

- BETHANNY L.

"Lauren has a special way of getting people to share and open up in front of their colleagues."

- MARIEL M

"I learned so much in just 1 hour about how to improve my eating habits."

- JOHN P.

scan here!



CLIENTS



BANC OF CALIFORNIA



THOMAS SAFRAN & ASSOCIATES



David & Goliath

