

Melissa McGaughey, BCHC, Enduralife Nutrition

Melissa is a wife, mom, and the owner of Enduralife Nutrition and M3 Promotions. I have always been passionate about nutrition, health & fitness. After having a baby, I decided to follow that passion, so that I could help others reach their health and nutrition goals. I believe that healthy eating is a way of life and dieting doesn't produce lasting results.

I studied to be a health and nutrition coach at the Institute of Integrative Nutrition in NYC. During my training, I studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts.

My coaching method is based on whole, natural food nutrition and bio-individuality. I understand that each client is unique and has different goals that they want to reach. What works for one individual, may not work for another.

My education has equipped me with extensive knowledge in nutrition, health coaching, and preventive health. Drawing on these skills and my knowledge of different dietary theories, I work with my clients to help them make simple lifestyle changes that produce real and lasting results.