



BS in Nutrition and Dietetics
MS in Human Nutrition
Registered Dietitian Nutritionist

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Communications Director

Success Coach

It is more than just what I eat, it is how all the pieces fit together...

As important as nutrition is...I've also seen how rest, stress management and exercise can impact my overall health. Being a mom of three, I am able to use what I have learned over the years in my own home. From picky toddlers to my own sensitivities my cooking has definitely changed over the years. I enjoy trying new recipes and new foods.

From working with children and mothers, to helping patients at an integrative medicine clinic, to EHN; nutrition and health are my passion and purpose. From walking my own health journey; I count it a privilege to walk with you on yours.

My love for nutrition started with my own health journey as a teenager. I was experiencing stomach issues and after seeing different doctors it seemed like we were just managing my symptoms. It wasn't until I finally saw an integrative practitioner who looked at the whole picture that we found the root cause. As we started treatment, stress and diet were two major areas I needed to focus on. I was able to meet with a Dietitian who helped me make changes to my eating pattern. It amazed me how much the food I ate could impact my overall health. I went off to college knowing exactly what I wanted to major in. I wanted to help others with dietary changes that could ultimately change their health too!

I started my career in public health working with children and pregnant/postpartum women. Though I loved my experience in that area I longed to help others like I had been helped. I was then blessed to spend several years in an integrative clinic where I was able to coach and walk alongside patients in their health journeys. One of my favorite things was being able to help patients find new substitutes to replace a food sensitivity in their diet.

Now being a mom of three, I am able to use what I have learned over the years in my own home. From picky toddlers to my own sensitivities my cooking has definitely changed over the years. I enjoy trying new recipes and new foods. I have also seen how rest, stress management and exercise can impact my overall health. It is more than just what I eat, it is how all the pieces fit together.

I am so thankful to be a part of the Eureka Holistic Nutrition team because I truly love helping people with their dietary and lifestyle changes. To me it is more than just telling someone to eat this or that, it is finding the combination of lifestyle factors that works best for their specific needs. It is amazing that the food God has created can nourish us and bring healing when needed. I am excited to work alongside you as you continue your own health journey!