



## **In-house Chef – Nutritionist Katy Cox**

Professional Chef and Nutritional Therapy Practitioner Katy, has worked internationally in the health and wellness retreat world for almost 20 years.

She has provided her services at luxury retreat centres, for royal households and rock and roll stars.

Her passion for optimising wellness through food has led her, in recent years, to Ayurveda and its health supporting dietary principles. In the Ayurvedic tradition, all health, good or bad, starts in the gut. As a nutritionist, Katy's understanding, of how the body works, echoes this foundational principle.

Katy has developed a signature menu for Niroshini Transformative Retreats that focuses on these Ayurvedic principles. Her modern, Saatvic cuisine, works with the "food as medicine" approach, to bring our guests delicious nourishment and health protective properties with every bite.

Saatvic foods are considered to be highest in prana or "life force energy", consisting of plant based whole foods, full of vibrancy and rich in enzymes. They are always seasonal and organic.

Katy says Saatvic foods promote "mind body balance" and help us to access higher states of awareness.

In Ayurveda, the emphasis is on a Sattvic diet for healthy living, particularly for keeping our minds clear, happy and at peace. The original Sattvic diet was devised for the development of higher consciousness and has been practiced by the Yogis and the sages for centuries.

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### **Nutritional Therapy Follow-up Service**

If you would like to know more about Ayurveda or are looking for guidance on how to upgrade your diet for optimal health, please [click here](#) for information about Katy's services.

\* Niroshini Guests will be invited to receive a 10% discount on their first appointment. \*