

# Liz Morgan

## Bio:

Liz is a functional nutritionist on a mission to transform the food culture into one that makes people and ecosystems vibrant and healthy.

Liz's journey to becoming a functional nutritionist began when she almost died just days after she was born. Given no specific healing strategies to recover, she spent her life tired and in pain. Using the tools of functional nutrition to finally understand the long term consequences of her first month of life, Liz was finally able to recover.

As an environmental lawyer, Liz realized that policy solutions for healing the planet would be doomed until we learned how to heal ourselves first.

Liz authored a Falcon guidebook on foraging for wild edible plants in the Rocky Mountains and has a deep, protective relationship with wild food systems.

Liz is the founder of Liz Morgan Nutrition, a nationwide tele wellness clinic. She specializes in digestion, sugar handling, food sensitivities, inflammation, and calming down persistent chronic symptoms. Liz educates and empowers her clients to understand and honor the true needs of their bodies and brains.

## Suggested Topics:

- How to break free from the food fad frenzy and give your body what it really needs to heal, stabilize and thrive.
- Stress, Sugar, Digestion and Toxic Exposure: How dysfunction in these foundational systems might be the root cause of your chronic health conditions, and how to fix it.
- How to combine holistic nutrition healing modalities with modern medical care to get the best results.
- Test, don't guess. How functional lab testing reveals deep imbalances that a wholesome diet alone can't fix.
- Why chronically ill people can have more hope than ever for healing and regaining their life.



## Suggested Questions:

1. How did your first month of life break you + how did functional nutrition save you?
2. Why are you so passionate about a large scale, regenerative food system transformation and how can we make it happen?
3. My doctor says I have 6 months and then I'll have to start medications. Is there any way to avoid lifelong meds?
4. How can we eat responsibly in the era of climate change while also eating to improve our own health?
5. What do you mean by "Decadence, Not Deprivation?" Aren't diets about elimination?
6. How do your clients go from being enemies in battle with their bodies, to loving and wise caretakers?
7. I've tried every diet out there and nothing has helped me. Why is your method any different?

"The most broken part of the earth's ecosystems is the humans. We must learn to heal ourselves first, so that we can understand what the earth needs from us." ~ Liz Morgan

**LIZ  
MORGAN**  
NUTRITION

## CONNECT



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