

Freedom From Dis-ease and Debilitating Conditions To Live In Your Fullness! with Nikki Burnett

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny.

In this episode, Nikki Burnett shares how she overcame a debilitating health condition of her own that robbed her of any quality of life for over two years. She related that her own struggle and victory led her to discover her passion and purpose in Functional Nutrition. As the owner of Taste Life Nutrition, she now helps men and women get freedom from complicated health conditions including chronic pain, fatigue, autoimmune disease, GI dysfunction, and infertility, so they can thrive in a life of health and wellness. Her wisdom is eye-opening and heart awakening, and her powerful truths inspiring and empowering. This episode leads you down the path to living an optimal, amazing life.

During our conversation, Nikki:

- Walks us through how she overcome health struggles of her own to heal and thrive!
- Shares how she discovered her passion and stepped into it.
- Explains how she helps people heal and thrive through functional nutrition.
- Talks about infertility, gi dysfunction, and auto-immune conditions and how she gets to the source to solve the problem.

Nikki is a Functional Nutritionist and Founder of Taste Life Nutrition – a Health Detective Practice.

Over 7 years in practice and 25 years of study, Nikki has helped hundreds of clients rediscover their health after suffering from complicated health conditions such as chronic pain, fatigue, brain fog, autoimmune conditions, and infertility – which is affected by all of these!

Nikki digs to find the root cause of dysfunction and then addresses it step by step in a manageable, strategic, methodical manner to allow for repair, balance, and the ability to thrive. When you're thriving, life is next level!

Nikki cares about helping people live to the fullest expression of themselves and believes that when we are empowered by understanding the body and its needs, with freedom from debilitating symptoms, we can live the exceptional lives we are meant to live.

For Nikki, after suffering from a 2-year headache that affected every part of her life and dealing with the frustration of feeling helpless with no answers, she decided to take her health into her own hands.

Today, Nikki lives that optimal, empowered, amazing life, which drives her to help others to dig deep and achieve their health goals. She works with her clients as their partner – taking the complicated and making it simple through baby steps and sustainable change. Remember, Food is Life – Taste Life!

Quotes from this Episode:

“What I learned was how to be a detective, I learned how to dig, and I learned how to understand that there's more to the story. And that when there is a symptom, we don't need to cover it up.” — Nikki Burnett

“I give them a better understanding of their body. And that's what I want a better understanding of what is really good food and what their body needs.” — Nikki Burnett

Resources:

Website: www.tastelifenutrition.com

Facebook: <https://www.facebook.com/TasteLifeNutrition>

LinkedIn: www.linkedin.com/in/nikki-burnett-tastelifenutrition

Instagram: <https://www.instagram.com/tastelifenutrition/>

Soundcloud: <https://soundcloud.com/nikki-burnett-996080467>

Apple Podcast: <https://podcasts.apple.com/us/podcast/taste-life-nutrition-podcast/id1548546820>

Spotify: <https://open.spotify.com/show/5g8szGENo4m9ygyfsnaWUH>

Golden Timestamp:

50:36 - 52:23 - Getting your body ready for success.

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