



Sascha Soteriou (BSc. Nutritional Therapy)



Sascha, received her BSc.Nutritional Therapy and Clinical Training in the UK from the University of Middlesex in 2014. Though UK certified and registered, Sascha is based in Nicosia Cyprus where she lives with her husband, two teenage sons, 3 cats and 1 dog. Soon after graduating, Sascha embarked on her mission to change people's approach to healthy eating and lifestyle and created small nutrition education groups to support clients and help them to thrive. Sascha enjoys connecting with clients both virtually and face to face and frequently conducts Skype consultations and connects with her groups via private Facebook pages.

Sascha created "Nutrition to Thrive" as she wanted to empower individuals to take control of their health. Sascha enjoys working with individuals, teens and families who want to develop a healthier understanding and relationship to food. "Nutrition to Thrive" is dedicated to the promotion of health and body esteem through education, planning and nutrition coaching.

Sascha is passionate about getting kids interested in making the best food choices and has given many school talks on the subject, but firmly believes that family involvement is vital if long term changes are to stick .

As an associate of [Zest4life](#), "Nutrition to Thrive's" philosophy is to teach you to eat real food in the real world. We do not believe in meal replacements, shakes, very low calories diets or anything that promises the earth but costs you your health, slows your metabolism, fails in the long term and damages your confidence and self esteem. We firmly believe that everyone should complete a Nutrition programme so as to become armed with the tools, knowledge and motivation, to lead a healthy and vibrant life. Ultimately, inspiring families to do the same.

Sascha can be contacted via

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I look forward to inspiring and supporting you!



Nutrition to Thrive