



Erika Dworkin, BCHN

Board Certified in Holistic Nutrition
Wellness Guide

Vitathena Wellness
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My engaging, lively, motivating presentations are packed with cutting-edge information and practical tips that attendees can begin to use right away.

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A Sampling of Topic Options

All presentations address evidence-based, supportive modifications in diet, dietary supplements/other natural therapies, and lifestyle, that enable my audiences to take charge of their health and maintain a healthy lifestyle.

Midlife & Menopause: Mapping Your Path to Empowerment

Holistic Ways to Support Your Heart Health & Enhance Your Physical Energy for Lasting Vitality

~ Spring Cleaning ~ Refresh Your Body, Refresh Your Home Essential Oils & Other Non-Toxic Ways to Renew (Interactive)

Boost Your Brain Power With Lifestyle & Nutrition Choices You Can Make Today

Natural Ways to Manage Stress

Other Topics

See Naturalnutmeg.com For Published Articles
Prediabetes – Digestive Health – Breast Health
Alcohol Abuse – Depression – Chronic Inflammation

Bio

I care deeply about the health and general well-being of the members of our greater community.

As a Board Certified Holistic Nutritionist with a lifetime in the wellness and Western medicine arenas, I value science-supported therapies and empowering others with the information they need to improve their quality of life. For 8 years, I worked with patients under the tutelage of the renowned healer, Michael Dworkin, PD, CCN (1928-2017), a Connecticut Licensed Clinical Nutritionist and Registered Pharmacist with a doctorate in pharmacy.

All of my customers and clients are extremely important to me. I always address their individual needs with great care, recognizing that they may be suffering from an acute or chronic condition, and possibly one that has not been diagnosed despite numerous medical appointments, evaluations, and lab tests. I personalize my recommendations for changes in diet, dietary supplements and other natural therapies, and lifestyle. When appropriate, I make referrals to holistic practitioners that heal with other modalities.

Published Works

Energy Medicine Solutions

Midlife & Menopause: Mapping Your Path to Empowerment

Essential Remedies for Women's Health

Systemic Candidiasis in Women: A Practical Guide to Controlling It

Natural Nutmeg Magazine

Published in this favorite local magazine for over 10 years. Voted a Natural Nutmeg Readers 10Best Nutritionist from 2019-2021.

TV & Radio

WFSB-TV-CT (CBS)

WESU 88.1/WHUS 97.1 FM Radio

1-Hour Workshop • Half-Day Seminar • Full-Day Seminar • Keynote Address
Customized Rates Available Upon Request