

Living well: Optimizing your nutrition & detoxifying your kitchen  
Session II: Introduction

**Rachel Beller, MS, RDN (00:00):**

Let's start our presentation this evening. I'm going to be talking about ways to enhance your body's natural detoxification process. You know, our body does an incredible job detoxifying itself, but there are certain foods that can enhance it and help it do a much better job. So, what I'm going to be presenting today is three concepts from the Beller method: fiber diversification, power spicing, and power beverages. And basically, what I'm doing is taking evidence-based nutrition from the literature and translating research into actionable solutions. So, hopefully you guys can, so to speak, walk away from tonight's session with tangible information and actionable information so that you can obtain some clarity and confidence when it comes to your personal nutrition, as well. I personally deliver this in two ways through my private practice of Beller Nutrition and also through the Beller Method™ Transformation Masterclass. A little bit about me:

**Rachel Beller, MS, RDN (01:05):**

I'm a registered dietitian nutritionist. I'm founder of the Beller Nutritional Institute. And I have 20 years of experience, both in the research setting and in the private setting. I'm a mother of four, and I absolutely love to travel. When patients come to my office, they are very confused. They get a lot of information, just little bits of information, maybe from their doctor, maybe from Instagram, maybe from online sources — but it's very confusing and it's very overwhelming. And I personally have gone through the experience where things can be very overwhelming when it comes to nutrition. I struggled with my weight as a young adult and had a lot of confusion in my mind as far as what to eat and how to empower myself with knowledge when it comes to nutrition.

**Rachel Beller, MS, RDN (01:58):**

Then my father was diagnosed with cancer, and the confusion set in again. I remember my mom and my three older brothers, and I were so desperate to search for information and how to care for my father and really to understand the role of nutrition when it comes to cancer treatment and thrivership. So that was a real challenge. And that's when I decided to transform my personal pain into possibilities. I went on and became the director of nutritional oncology research and counseling for 10 years, at a major cancer Institute and over at Cedar Sinai medical center. I really enjoyed that. My mission is to translate again the information and disseminate it to larger audiences. So I decided to pursue very passionately, while I'm still in practice, to write books and to share my knowledge with a greater audience.