**Introduction**

Nazirber De La Cruz RDN, CDN, CDCES, is a bilingual expert in the field of integrative nutrition, gut health and diabetes. Her exploration of integrative nutrition began more than five years ago as she studied dietetics and herbal medicine before completing her fellowship in integrative medicine through The Institute for Family Health. Naz has duel licenses as registered dietitian and certified diabetes education specialist. She uses food and lifestyle medicine to help people with their never-ending digestive issues and uncontrolled diabetes get their health back under control.

Nazirber is an internationally recognized expert in the fields of integrative nutrition and using food as medicine for diabetes and digestive health.

Nazirber has been an invited speaker and author at universities, health and wellness events, Spanish media television, podcasts and medical offices. She serves as the Director of Nutrition at Elmhurst Digestive and Liver Diseases and founder of the Integrative Nutrition internship program that mentors dietetic interns. She is a monthly contributor of Cecelia Health’s diabetes expert blogs.

Nazirber lives with her husband on a small apartment in Queens, New York City.

For more information, see: [www.MyFitBytes.com/about](http://www.MyFitBytes.com/about)