



Beth Schroeder, MS, CNS earned a master of science degree in Nutrition and Integrative Health from Maryland University of Integrative Health (MUIH) in Laurel, MD. A two-year clinical nutrition program, Beth's thesis "Whole Plant Foods and their Effect on Metastatic Cancer Survival" included a client case study component with current research in the field of epigenetics for understanding and promoting nutritional intervention with standard cancer chemotherapy protocols. Significant conclusions included improvement in quality of life and improved overall survival with increased effectiveness of chemotherapy treatment by including whole plant foods for physiological and immune system support.

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Beth is a Certified Nutrition Specialist® practitioner and is certified in plant-based nutrition through Cornell University and the T. Colin Campbell Foundation. Owner of Simply Health LLC since 2009, Beth works in private practice supporting clients with chronic conditions to make dietary and lifestyle changes by teaching plant-based food patterns in workshops, cooking classes and individual coaching.

As a breast cancer survivor, Beth brings both passion and dedication to improving her client's current quality of life and overall survival. She is an engaging speaker to inspire and educate about chronic health challenges and the benefits of diet and lifestyle changes.