



Holly Stockus, CNC

Holly Stockus is available for consultations at our Port Orange location. Holly holds a degree in Physical Fitness, is a Certified Nutritional Consultant, Licensed Esthetician, and former Life Extension Health Advisor. She is a member of the American Association of Nutritional Consultants, and Native American Health and Wellness Association. She studied under Biomedx Natural Health Advocacy program and has a certification in live blood microscopy.

Holly was born into a holistic household and has skillfully managed to stay away from the Standard American Diet (SAD). She specializes in wheat-free/gluten-free alternatives and quick fix solutions to keep one satisfied while staying away from unhealthy choices.

Personal consultations are designed to help you achieve a thorough understanding of which foods to avoid. You will also learn how to make better food choices. Because there's a new fad, diet, and pill out on the market just about every week, it can feel overwhelming. Holly is available to help you avoid all the confusion and hype in an effort to best meet your health goals.

To contact Holly, please call 386-763-7046

or email: holly.debbieshealthfoods@gmail.com