



# Nourish

BY NATHI TORO

Celebrity  
Nutritionist/ Chef/  
TV host

[www.nourishbynathi.com](http://www.nourishbynathi.com)

Nathi  
TORO

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## ABOUT

After being diagnosed with atypical hyperplasia- a type of pre cancer and later a thyroid disease at a young age, I made it my mission to empower others to become the best version of themselves and using food as a vehicle to bring people together to share their stories.

I have worked with celebrity chefs, elite athletes & companies all across the globe; spreading awareness about longevity, immune health & nutrition biohacking.

## INSTAGRAM ANALYTICS

@NATHI.TORO



73%



27%



29% USA

21.5% SPAIN

16.1% COLOMBIA

3K

REACH

2%

ENGAGEMENT



## SERVICES

### **FOOD PHOTOGRAPHY & STYLING**

*professional photography to show case your product and/or recipe*

### **PROJECT CONSULTING**

*creation of wellness programs & menu for hotels, retreat centers and restaurants*

### **CONTENT CREATION**

*video and photography to feature your brand or company*

### **NUTRITION & WELLNESS EDUCATION**

*workshops, nutritional and cooking classes for you and your company*

### **LOCATION REVIEW**

*restaurant, retreat centers and hotels reviewed by a true connoisseur.*

## BRAND COLLABORATIONS

LULULEMON

HONEST GREENS

CAROLINA HERRERA

CHLOE COSCARELLI

MATTHEW KENNEY

QUERCIABELLA

CARTIER

BRAGGS



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## MEDIA & PRESS

FOODABLE'S SMART KITCHEN +BAR

GLAMOUR SPAIN

YAHOO MUJER

FUCSIA

HEALTHY MAGAZINE

VOYAGE MAGAZINE

ANTIDOTE

BARCELONA FOOD EXPERIENCE

BOGOTA WINE & FOOD FESTIVAL

MATTHEW KENNEY

QUERCIABELLA

BRAGGS

**FOOD TELLS A STORY FROM THE  
INGREDIENTS WE USE TO THE PEOPLE  
WE ENJOY IT WITH"**

*Nathi*

## CONTACT

Ready and inspired to work with you soon

Email : [nathi@nathitoro.com](mailto:nathi@nathitoro.com)

Website: [www.nourishbynathi.com](http://www.nourishbynathi.com)

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