

Nutrition consultants take holistic approach to health

Two Cedar Crest College Nutrition Program graduates have formed a new holistic nutritional counseling business, Anue, in Emmaus.

Co-owner Adrienne Taschner said she had been working as a nutritionist since 2004 and was interested in forming her own consulting business that focused on the ideals she thought were important for weight loss and overall health.

She joined with Dana Wells to offer a variety of consulting services that deal with weight and stress management and exercise.

While she said the bulk of her customers seek weight-loss consultations, she also helps clients on issues from hypertension and diabetes to converting to a healthy vegetarian diet.

She said the key is that they focus on overall lifestyle changes and not just dieting. They emphasize real food from the supermarket versus diet pills or powders.

They even offer healthy cooking classes and grocery shopping consultations.

Located at 428 Barrett Road, Anue is a home-based business, and hours are by appointment only. For more information you can check out their Web site at www.anueonline.com or call (610) 965-1914.



Photo courtesy of Anue

Two graduates of the Nutrition Program at Cedar Crest College, Dana Wells, left, and Adrienne Taschner, have formed a holistic nutritional counseling business, Anue, in Emmaus.