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Eat2beWell—The Mediterranean Way!

*Cindy Crowninshield Shares Insights on the Mediterranean Diet's
Health Benefits on NewTV*

Southborough, MA—October 24, 2018—Whether you're drizzling salmon with olive oil or adding lemon to your chickpea salad, Mediterranean Diet staples can help you Eat2beWell!

How can you benefit from this diet, which may reduce your risk of heart disease, hypertension, cancer, strokes, dementia and even depression? Learn more from [Cindy Crowninshield, RDN, LDN, HHC](#), a leader in holistic health and nutrition counseling, who shared her insights with [NewTV](#), the public cable television station for Newton, MA.

Cindy's commentary was featured in a segment on Greek restaurant [Farm Grill & Rotisserie](#), which is educating customers on how to improve their well-being by eating "classic Mediterranean" foods every day. These include fruits, vegetables in a variety of colors, whole grains, nuts, beans, olive oil, fish and more.

"As a registered dietitian who helps patients understand the correlation between nutrition and health conditions, I appreciate being selected to comment on Farm Grill's initiative. They understand that feeling your best depends on consistently making the right food choices," she said.

Though her [Eat2beWell](#) practice, Cindy helps patients identify the foods that will improve their health and wellness, based on their specific "body chemistry" and genetic makeup. Many of these patients are experiencing symptoms from autoimmune diseases, irritable bowel syndrome (IBS), diabetes, hypertension, allergies and more. By deconstructing their diets, zeroing in on symptom triggers and tailoring new meal plans (often including Mediterranean Diet staples), Cindy delivers real relief.



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Moreover, Cindy brings the latest in genetics into her practice. Do you want to shape up before the December holidays begin? Cindy's [Eat4yourGenes®](#) program provides genetic testing, medical nutrition therapy, and counseling services to help individuals lose weight the healthy way.

In addition, as the producer and content developer for leading international microbiome conferences, Cindy has instant access to global research on nutrition's impact at the molecular and mitochondrial level (for example, looking at interactions with bacteria and viruses in the gastrointestinal tract).

For Cindy's insights on the Mediterranean Diet on *NewTV*, please visit <https://bit.ly/2CXVrCt>. For more information on her services, please contact cindy@cindycrowninshield.com or 781-354-0120.

About Cindy Crowninshield

Cindy Crowninshield, RDN, LDN, HHC, is a board-certified registered dietitian who helps individuals achieve better health and wellness by discovering the right nutritional plan for their body. Cindy's specialized programs include [Eat2beWell](#) and [Eat4YourGenes®](#) (weight loss tailored to individuals' specific genetic code). Cindy's access to cutting-edge microbiome research at the global level offers an additional dimension to her custom-tailored solutions. Contact Cindy at cindy@cindycrowninshield.com or 781-354-0120, or see cindycrowninshield.com.