

Trudy Stone

Certified Culinary Nutritionist. Author. Wellness Expert

Trudy Stone's Biography

Trudy Stone is a culinary nutritionist, captivating TV guest, health and wellness expert, health educator, author, podcast host, and creator of Food Swap Foodie Inc.

After twelve years in the corporate world and self-hacking her own mind and body to lose 30 lbs, Trudy now helps other busy professionals to eat healthy, more consistently without guilt or restriction and with realistic strategies to reduce stress, improve health, and dramatically increase productivity.

Trudy's newfound knowledge inspired her to pursue a career in nutrition so that people can unlock the power of food to prevent disease and overcome stress and fatigue. She is on a mission to revolutionize people's approach to eating by enabling them to choose tasty alternatives all while savouring their favourite flavours, reducing stress and breaking unhealthy habits.

Trudy's energy is infectious and she is sure to engage attendees with down-to-earth tips, a little bit of humour, and actionable steps they can take immediately.

After experiencing a miscarriage, Trudy carried a lot of emotional pain, hiding herself from the world - creating unhealthy eating habits. Trudy looked at her stress and overwhelm as an invitation to dig deeper and address her values to find balance in an unbalanced world. Trudy knows what people are going through and uses her personal story to help connect with audiences and build their trust.

Trudy Stone is a TV guest health and wellness expert, health educator and motivational speaker. Audiences can find Trudy on various television shows, her podcast, or collaborations. She has been seen on media outlets like CBC News, and CTV News, and worked with brands like Interac, Jamieson, the City of Toronto and more.



Trudy's R.I.S.E Method

After losing weight, Trudy wanted others to know about the importance of the brain-body connection with living healthier and how habits and a nourished brain can make creating healthy lifestyle changes a whole lot easier.

As the creator of the R.I.S.E method - an extraordinary framework, Trudy presents a step-by-step blueprint to lead individuals on a transformative journey to overcome the shackles of stress, overwhelm, and fatigue.

Trudy's workshops are focussed on behaviour change, are research-based and look at the science that drives that behaviour so that making healthy changes becomes easier.