



SoulFIRE Health

ABOUT

Nancy Clark, MS, RD, CSSD

Nancy is a sought-after nutrition counselor for athletes and has a successful private practice in the Boston-area. Her clients include high school athletes who want to bulk up, vegetarians who wonder if they are eating enough protein, to those who struggle with dysfunctional eating practices. She has helped all levels of athletic people experience the powerful benefits of a wisely chosen sports diet.

For over 40 years, she has helped thousands of athletes learn how to eat well to perform well. Nancy's clients range from high school athletes to Olympians and have included the Boston Red Sox, Bruins, Celtics, and individual athletes from many colleges in the area including Boston College, Northeastern and Tufts.

Nancy's best-selling book, Nancy Clark's Sports Nutrition Guidebook, has sold over 850,000 copies and is now available in its 6th edition. Nancy also writes a monthly nutrition column called The Athlete's Kitchen, which appears regularly in over 100 sports and fitness publications and websites and has a far-reaching audience of thousands of active people.

Nancy is a popular nutrition speaker for not only teams and sports clubs, but also for health professionals who work with athletes, including sports dietitians, athletic trainers, coaches, physical therapists, and others who want to learn how to effectively teach a winning sports nutrition message.

For more information please visit www.NancyClarkRD.com
