

speaker profile :: Tammy von Nordheim

In early 2010, I was diagnosed with multiple food allergies that seemed to develop overnight. I went from eating whatever I wanted to being so limited I wondered how I would survive. To further complicate things, I had recently focused on eating healthier and was now being told not to eat many of the foods that supported my healthier lifestyle.

It was heartbreaking.

My allergy list looks something like this: all nuts, shellfish, dairy, peas, tuna, soy, most raw veggies and most raw fruits. Yes, I know. Everything that's considered healthy by most people is now on my 'do not eat' list.

I'm a model, actress, photographer and mom. My profession requires me to be healthy, fit and energetic and it's a challenge, even without the food allergies. I didn't choose food allergies, but through diligence, creativity and education, I've learned to thrive.

speaking topics

Reclaim your life

You've just embarked on a healthier lifestyle when WHAM!... you're diagnosed with food allergies. And it's not just one or two, - it's almost a dozen food allergies - and all of them are foods you should be eating for your new lifestyle. Now what? I'll share how food allergies almost defeated my intentions to live healthy, and how I fought to stay on the track of being healthy with purpose.

Hop off the merry-go-round

Life has a way of spinning out of control. Toss in a few unexpected (and unwelcomed) elements like food allergies, work-related stress and family drama and it soon feels like you're on a merry-go-round. I'll teach you how to slow the spinning merry-go-round so you may gather your wits and regain control.

It's not F.A.I.R. (Food Allergies Inspire Reality)

Special food requests are often received as you being a picky eater or 'difficult'; they don't understand it quite literally could be a matter of life or death. If you've ever been afraid to speak up and share your restrictions, or if you've left hungry because they just couldn't get your order right, I can share tips for educating others about your plight. Food allergies are complex and it can be difficult to speak up, but you deserve to go out and enjoy your food without adverse reactions.

NOTE: This topic is especially good for teens and food service workers.



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Tammy von Nordheim
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