

## Rachel Graham

### *Rachel Graham Nutrition*



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A qualified Nutritional Therapist and Medicinal Chef with over 25 years' experience in the food business, Rachel Graham now runs her own nutrition business.

Before going out on her own Rachel ran a variety of restaurants for more than two decades with her husband.

She wanted to continue working with food, but decided to take a more holistic, personalised approach and so Rachel Graham Nutrition was born.

As this was Rachel's first time to venture out alone, she found making decisions alone tough, but ACORNS offered great support and gave her a good network of women to bounce ideas around with.

Rachel Graham Nutrition was launched in September 2018, and already Rachel has been involved with many different projects, such as 1:1 private consultation, nutrition talks, medicinal bespoke catering for events and retreats, and a variety of collaborations in the fitness and wellness area.

Based in Dundalk, Co Louth, Rachel's extensive experience gives her a unique selling point in catering for the health-conscious consumer and she has expanded into a variety of new areas over the past few months including menu creation, nutritional analysis and wellness events.

As well as lecturing at The College of Naturopathic Medicine in Dublin, Rachel also runs her own workshops in Fermentation and Gut Health, Cardiovascular Health and Blood Sugar Management.

Rachel is currently working on the content for several online courses for her website plus regular 'how to' recipe videos for her social media platforms.

In the future, Rachel aims to focus on working with small SMEs to introduce corporate wellness programmes to the workplace to help enhance performance and reduce absenteeism.

***Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.***



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine