
Background

Michelle Savage (b. 1970) Graduate of the Institute for Integrative Nutrition and author of two game-changing books on healthy, fun, and rewarding eating and lifestyle change: The Green Aisle's Healthy Smoothies & Slushies and The Green Aisle's Healthy Indulgence.

Her passion is teaching middle-aged individuals in her community who struggle with weight problems how to take control over their lives again. By educating them on food and freedom, she shows them the path back to confidence. Two specialty groups Michelle works with is the Multiple Sclerosis and Diabetic Community.

Qualifications

Michelle Savage - Certified Health Coach

Training and Education

The Institute for Integrative Nutrition, New York City
Professional Training and Certification Program

Recent Accomplishments:

Todayshow - # 4 out of 13 delicious and healthy new #cookbooks we can't cook without

Appearance on Good Day Sacramento, featuring The Green Aisle's Healthy Smoothies & Slushies, 75 healthy recipes to help you lose weight & get fit

Article in the Manteca Bulletin, formal Congratulations from House of Representative Jeff Denham for her book and efforts to make the Valley a healthier region

Great Valley Bookfest (2015 & 2016) - presentations, healthy cooking demos, free gift and raffle giveaways

Publications, Reviews & Media:

Skyhorse Publishing; Today Show; Great Valley Bookfest; Writers & Authors on Fire by John Vonnhof; Cookbooks 365; Fit Life Pursuits; Publishers Weekly, Chefs Cook at Home.

Books Sold Here:

Barnes & Noble, Amazon, selected Whole Foods, Costco, online @ Target, Walmart, iTunes and Nature's Corner, Manteca, CA

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