



Juana Prada, Nutritionist in Barcelona Launches New Website

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Barcelona dietitian-nutritionist, Juana Gonzalez offers more than two decades of professional career dedicated to nutrition. She has assisted more than five thousand people to achieve weight and health goals.

Barcelona SP: Juana Prada, nutricionista en Barcelona is pleased to announce the launch of the new website. The nutritionist has been working with clients for more than twenty years, with a focus on nutrition and diet. During the course of her professional career, she has assisted more than five thousand people to achieve their weight and health goals. The professional team at the centre includes eight nutritionists, two psychologists and an endocrine doctor to take care of all types of patients and circumstances.

According to the nutricionista en Barcelona, speaking to an interviewer, "We will help you achieve your goals together. Your successes are our continuous support. We know that designing and following a diet can be complicated and that is why we will be available to assist our clients all the time. We are in contact by email, message and telephone and we will resolve the doubts and questions you may be struggling with."

Custom diets for each client is a key part of the work done by the nutritionist. There is a personalized and unique diet created for each patient. These are not photocopies passed out by the thousands or a ?one-size-fits-all? standard diet. The needs of each individual are reviewed and the diet is constructed to fit the specific needs. The experts understand that an athlete's needs may be very different than those of an office worker.

There are no products or pills as part of the program. The nutritionist doesn't rely on the sale of diet products, pills, shakes, or meal substitutes. Instead, the specialists focus on helping clients to change eating habits. The nutritionist is a fully regulated and educated dietitian as well as a member of the Association of Dietitians - Nutritionists of Catalonia (CODINUCAT). The team of specialists at the center has various profiles and specialists but share a single method of work.

For more information about Prada, visit the web pages at <https://nutricionistabarcelona.com/>.

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