



Disclaimer of Liability

The scope of practice at STAY NOURISHED does not include medical treatment or diagnosis of specific illnesses or disorders. All the information on this website is published in good faith and for general information purpose only.

Anastasia Grasso is an Accredited Practicing Dietitian not a medical practitioner. At Stay Nourished we provide medical nutrition therapy to support wellbeing and aid the prevention of illness. We do not wish to replace your medical practitioner. If you have any serious health concerns, we encourage you to consult with a doctor.

If you have any questions, please feel free to contact us through www.staynourished.com.au