

ABIGAIL PARK

HPCSA | ADSA | DNAlysis | Optifast Registered

With an understanding that we are all unique, Abigail knows that each of us deserves a personalised approach to our nutrition and health journey.

- Practical lifestyle changes & lifelong nutrition solutions
- Making healthy food delicious & nutritious
- Weight loss, diabetes & chronic disease
- DNAlysis & Optifast Programmes

