



NUTRITION OVER EASY

WITH MONICA REINAGEL, MS, LD/N, CNS



Further Reading for Nutrition and the Singer

[How much water should I drink?](#)

[The case for super slow weight loss](#)

[How to prevent reflux](#)

[Protein cheat sheet](#)

[Nutrition and your immune system](#)

[Can zinc shorten a cold?](#)

Podcasts



Coaching Programs



Social Media



Email: monica@nutritionovereasy.com