



ANDREA HUBER-JUERESS

DIPLOM OECOTROPHOLOGIN (UNIV) - CEO IDEALEAT GMBH
NUTRITIONAL SCIENTIST NUTRITIONISTE

OBJECTIVE

- **Inspiring and motivating** nutritional advice
- Bringing leading edge science into everyday life
- A holistic, authentic, creative, joyful, sustainable and practical approach to nutrition
- Connecting mind and heart
- Understandable and descriptive expertise
- Client-centered, filtered advice from today's flood of „diet“ information
- Targeted approaches for therapists, trainers, companies, individuals

AREAS OF EXPERTISE

EXPERIENCE

**2021 CEO AND FOUNDER OF IDEALEAT-EAT SMART WITH HEART GMBH
CERTIFIED NUTRITION CONSULTANT • INDEPENDENT • 2006-TODAY**

Lectures, Seminars, Coaching, Project Implementation in German, English, French

- Preventive medicine, fasting, integrative medicine, holistic nutritional therapy, promotion of nutrition ecology, organic farming, fair trade, plant based wholefood
- Interdisciplinary Seminars for executives (e.g. *Porsche* 2003-2009, *Evonik Industries* since 2006)
- Lecturer/ Consultant for the project „Organic Food for Children“ from *Tollwood*, Munich, Germany (2018)
- Nutrition in Corporate Health Management
- Product development and staff training for gastronomy (*Mövenpick Marché*, Toronto, Canada 1998) and public catering (*Wisag Comfortables*, Berlin, Germany, 2006/2007)
- Guest lecturer in the training of Fasting Teachers (2016)
- Nutritionist for the „*Gesundheitszentrum am Westpark*“, (Westpark Health Center) and „German Society for Preventive Medicine“; Obesity-Therapy with formula diets (1993-1994)
- Texts for patient documents for a medical specialist diagnostic laboratory „*Vitalan*“ (2000)
- Projects and coaching at public and boarding schools
- Attractive organic detox-snacks at seminars of on health/spirituality/ ecology (Gregg Braden 2017 und Dr. Alberto Villoldo 2016) at the Basel Psi Verein, Switzerland

**HEAD OF DEPARTMENT OF NUTRITION COUNSELING –KLINIK BUCHINGER WILHELMI AM BODENSEE, GERMANY – INTERNATIONAL SPECIALIST CLINIC FOR INTEGRATIVE MEDICINE, THERAPEUTIC FASTING AND PSYCHOSOMATICS, TEACHING CLINIC FOR NUTRITIONAL MEDICINE
• 1994-2000**

- Nutritional lectures and cooking demonstrations, individual coaching, patient care, Hand-outs – in German, English, French



INFO@IDEALEAT.DE



ANDREA HUBER-JUERSS

DIPLOM OECOTROPHOLOGIN (UNIV) - CEO IDEALEAT GMBH
NUTRITIONAL SCIENTIST NUTRITIONNISTE

- **Over 25 years of experience in Holistic Nutritional Therapy,**
Therapeutic Fasting,
Preventive Medicine
- **Seminars, Lectures,**
training for executives:
„Detox“, Nutrition and brain
performance/ Work-Life
Balance/ Immune System/
Sustainable Nutrition
Guest lecturer in the training of
Fasting Teachers
 - Consultant for
Gastronomy, Catering,
Private chefs
 - Lectures and
Consultations in
**German, English and
French**
 - **Registered Brand**
idealeat
 - Exclusive Photos and
Videos for idealeat
- **Mind-Body Medicine**
„Soul Food“
Science and Spirituality;
Nutrition and Meditation
 - Body Mind Medicine,
Alternative Healing
Modalities,
 - book and photo tables
at seminars and
training centers

- Therapeutic fasting according to Dr.med. Otto Buchinger
- Holistic vegetarian-based nutritional therapy – sustainable, organic quality, whole food nutrition (according to Dr. Koerber/Männle/Prof.Leitzmann), option vegan
- Nutritional Therapie according to Dr.Budwig and to Dr. Kousmine
- Member of an interdisciplinary team of therapists; consulting and training of the kitchen and service team
- In 1996/1997 a total of 4 months of nutritional counseling (also in Spanish) at the *Clinica Buchinger* Marbella, Spain
- During the parental leave 2000-2006 and after changing to independent work 2006-2016 again regular lectures and consultations (in French and English) at the *Klinik Buchinger Wilhelmi*, Überlingen am Bodensee, Germany

EDUCATION/ PROFESSIONAL TRAINING

PRIMARY SCHOOL AND GYMNASIUM MUNICH, GERMANY, ABITUR-DIPLOMA 1985

„AU-PAIR“ TRAINING - SOUTHERN FRANCE 4-10/1986

DEGREE IN SCIENCE OF NUTRITION 1993 („DIPLOM OECOTROPHOLOGIN UNIV.) • AT THE TECHNICAL UNIVERSITY OF MUNICH WEIHENSTEPHAN, GERMANY (EQU.TO MSC)

Focus: Preventive Medicine, Food Technology, Communal Subsistence
Diploma Thesis for *Nestlé/DERECO* at the *Hannah Research Institute* Scotland – 7 months in 1992 –Food technology

INTERNSHIPS DURING UNIVERSITY STUDIES

- 9-11/1989 - Internship in food and consumer policy with a member of parliament in the *German Bundestag* (Hannelore Saibold, Die Grunen), journalistic activity
- 12/1989 - 1/1990 - Commercial kitchen internship - *Eurest* - *Siemens Unterschleißheim*



INFO@IDEALEAT.DE



ANDREA HUBER-JUERESS

DIPLOM OECOTROPHOLOGIN (UNIV) - CEO IDEALEAT GMBH
NUTRITIONAL SCIENTIST NUTRITIONNISTE

- Encouraging others on their path from **survivor to thriver**- thanks to own personal story (from hip-deformed child in several casts with early hip surgery and health issues to finishing a full marathon 2009 and triathlon 2010)
- 2-5/1990 trainee for *Nestlé/DERECO* Food research, nutritional data management and quality control of baby food and dietetic products in Weiding, Germany

FOREIGN LANGUAGES

Very good knowledge of written and spoken **English** and **French** due to several months professional stays in France, Great Britain, USA, Australia. (regular lectures and consultations in these two languages from 1994 through 2016)

Basic knowledge of **Spanish** (Professional visits in Spain - Work at the Clinica Buchinger Marbella)

PERSONAL DATA

- Born in 1966, raised in Munich, Germany
- since 1994 living in Überlingen/ Lake Constance
- married, one son (born in 2000) and one daughter (born in 2003)
- Hobbies:
Physical and spiritual exercise, travel, playing with children, enjoying beautiful nature and special places on earth, gardens and wild animals, meeting and connecting with encouraging people all around the world

PROFESSIONAL TRAINING (since 1994)

- Regular training in nutritional medicine (DGE, VdOe)
- Therapeutic fasting (Ärztegesellschaft für Heilfasten)
- Oil-Protein diet according to Dr. Budwig
- Nutritional therapy according to Dr. Kousmine
- Whole Food Nutrition (UGB)
- Visits to BIOFACH Nuremberg
- "Special diets" – vegan, ketogenic phytonutrient-rich, raw food, detox cures, allergen-poor, low lectin
- Medicinal Herbs, Wild Herbs, Urban Gardening, Green Smoothies, Organic Farming
- Sustainable nutrition (Online course by Dr. Karl von Koerber 2018)
- Mind Body Medicine (see "Sabbatical Year")

SABBATICAL YEAR TRAINING 2016

Specialization in Mind Body Medicine / Current Research on Science and Spirituality / Epigenetics / "Energy Medicine" / Brain Research and Quantum Medicine / Sustainable Lifestyle

2016/2017 - Participation in multi-day seminars in Basel/Switzerland with the authors:



INFO@IDEALEAT.DE



ANDREA HUBER-JUERSS

DIPLOM OECOTROPHOLOGIN (UNIV) - CEO IDEALEAT GMBH
NUTRITIONAL SCIENTIST NUTRITIONNISTE

Time for change –
change takes time

Have the courage to
encourage

Have the Power to
empower

- **Dr. Deepak Chopra** (Epigenetics, Leadership, Meditation)
- **Dr. Joe Dispenza** (Advanced Workshop; “You are the placebo”)
- **Gregg Braden** (The turning point, Human by design)
- **Dr. Alberto Villoldo** (One Spirit Medicine; Shaman Healer Sage; Power up your brain)
- **Byron Katie** (Geneva, “Loving what is”)
- **Mantak Chia** (Tao Yoga)
- **Howard Martin** (Heart Math)

VOLUNTEER AND LEADERSHIP OPPORTUNITIES

- 1998-1999 Appearances as a nutrition expert in the *ZDF live* broadcast "Health" (Omega-3 fatty acids, Building up after fasting)
- Promotion of sustainable organic agriculture and introduction of organic products
- Attractive vegetarian and vegan, fair organic food for public seminars and events
- Organic food: Events in schools, school gardens, fair-trade schools, Parents' association
- Supporter of *Greenpeace*, *Verband der Oecotrophologen* (German Association of Oecotrophologists), *UGB - Unabhängige Gesellschaft für Gesundheitsberatung* (Independent Society for Health Counseling), *Foodwatch*, *Deutsche Fastenakademie* (German Fasting Academy), *NABU - Bund für Naturschutz* (Federation for Nature Conservation).
- Speaker at the Landesgartenschau Überlingen 2021
- Speaker at the “*Institute of Holistic Medicine e.V. Munich*” as of 2021



INFO@IDEALEAT.DE