

The Natalia Rose Institute is dedicated to helping individuals learn how to restore themselves to unlimited vibrant health. NRI is a gateway to the regeneration of the fullest human potential for radiance. Rare, world-renowned education, inspiration and motivation light this powerful journey for you!

About me

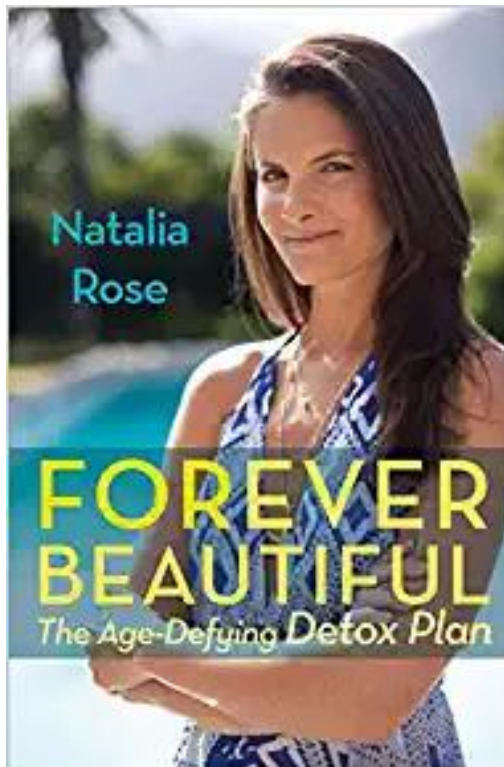
Natalia Rose, CN, is a graduate of New York University and a Clinical Nutritionist. Natalia is the author of nine books including *The Raw Food Detox Diet*, *Raw Food Life Force Energy*, *The New Energy Body*, *Detox 4 Women*, *Emotional Eating S.O.S.*, *The Rose Cleanse*, *Recipes For Life Force Energy Children*, *Forever Beautiful* and *The Fresh Energy Cookbook*.

After nearly 20 years in private practice in New York City, Natalia moved to Cape Town, South Africa where she continues to educate and inspire her clients and students through her books and live courses about the unparalleled health, beauty and personal power that can be gained when the body, mind and spirit are cleansed.

Natalia is the world's leading expert in deep-tissue cleansing, which is the removal of accumulated acidic matter locked deep in cells and tissues of the body. The physical cleansing however, she believes, is merely the requisite foundation and framework from which one may come to fully embody one's innate "Primal Power" (the supreme causal power of the universe). Together, the cleansed body, mind and spirit with the restored Primal Power, offer her clients the opportunity to experience life in a fully sovereign being, pulsing with pure Life Force!

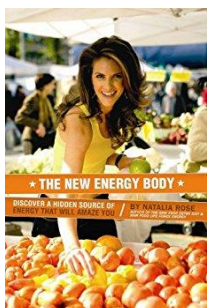
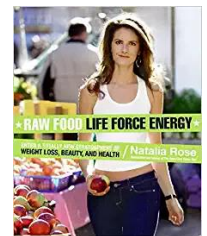
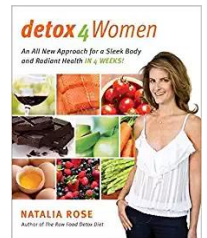
Natalia teaches that each individual is a pivot point from which disease, fear and competition can be transfigured into vibrant health, powerful love and radical interconnectivity with the network of life.

CN, Author & Founder, The Natalia Rose Institute



The Natalia Rose Institute (nataliarose.com) was created to provide detailed guidance for anyone who is interested in this journey at any level of knowledge or stage of life. A great deal of the website contains free guidance so as to never make this critical information price prohibitive.

Natalia is now enjoying living in beautiful Palm Beach, Florida where she continues to see private clients and run courses and retreats.



In addition to consulting for some of the world's most image conscious actors, models, socialites and media doyens, Natalia has been featured on NBC, FOX News, MSNBC, The View, NPR and in publications such as The New York Times, USA TODAY, Women's World, First For Women, The Enquirer, Yoga Journal, Hamptons Magazine, Psychology Today, *inter alia*