


Chi siamo

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Giovanni Cristiano

Salutista da 20 anni, da 6 anni segue un'alimentazione  tendenzialmente **crudista e fruttaliana**: si è curato da pesanti patologie fisiche esclusivamente attraverso una scelta alimentare mirata e una costante attività fisica. Attualmente lavora come consulente on line in ambito di alimentazione salutista per alcuni blog specializzati e per le persone che desiderano essere seguite in modo personalizzato.


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Ksenia Botter

Psicologa, con esperienze pluriennali in ambito formazione  professionale, terapia sistemica familiare e gestione dei gruppi, da qualche anno vive in mezzo alle montagne trentine dove si dedica con passione all'autoproduzione, soprattutto di rimedi energetici naturali come **fiori di Bach, fermentati thailandesi, oleoliti**, ecc. Continua ad offrire consulenze psicologiche e di benessere naturale soprattutto on line.

Nella foto, a sinistra Ksenia nell'estate 2013, a destra Ksenia nell'estate 2016.

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