



Virginia Rodriguez

**Nutrition Health
Coach – CEO &
Founder of Colorá
Health Coaching**

Virginia is an Integrative Nutrition Health Coach and CEO & Founder of Colorá Health Coaching. She received her training at the Institute for Integrative Nutrition and the School of Applied Functional Medicine. She also has a business degree from Universidad Complutense and an MBA from London Business School.

She helps clients on a one- on-one basis through a personalized plan tailored to their body type, level of activity and lifestyle to implement habits that will last a lifetime. She truly believes that the path to health includes not just nutrition but also lifestyle choices and she helps clients figure out their own recipe for success. When working with her clients she follows a Functional Medicine approach based on the following principles: understanding the root cause of disease, analyzing the interconnectedness of the human body, offering rapid relief and providing long term resolution.

Apart from working with her private clients, Virginia also helps Dr. Tony DeRamus' patients at Sandstone Chiropractic.