



**Artemis in the City, LLC**  
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## Founder and Executive Director



Danielle Heard, MS, HHC is a Certified Holistic Health Counselor, Natural Whole Foods Chef and Founder of Artemis in the City, LLC a Holistic Nutrition Services company.

Successfully healing herself of connective tissue disease and fibromyalgia in 1997 forever changed her relationship with food. She firmly believes in the healing properties of natural whole foods and is dedicated to helping people make better health choices in order to improve their health and prevent disease.

Danielle is a graduate of Teachers College Columbia University and the Institute for Integrative Nutrition as a Holistic Health Counselor. She is board certified by the American Association of Drugless Practitioners. Danielle is a graduate of the Natural Gourmet Institute for Health and Culinary Arts Chef Training Program and specializes in natural organic health-supportive meal planning and cooking. She has had the privilege to learn directly from leaders in the field of alternative health, medicine and nutrition which includes Paul Pitchford MS, Annemarie Colbin PhD, Elson Hass MD, Marion Nestle PhD, Michio Kushi, Barry Sears PhD, Peter D'Adamo ND, Mark Hyman MD, Joseph Mercola DO, Neal Barnard MD, Deepak Chopra MD, Walter Willett MD, Andrew Weil MD, John Douillard DC, PhD, Joshua Rosenthal MScEd and David Wolfe.

Additionally, Danielle holds a Master of Science in Strategic Communications degree from Columbia University in the City of New York and a Bachelor of Arts in Communications degree from the University of Texas.

After more than a decade of experience in natural health as well as work in the field of communications, Danielle provides holistic health and nutritional services that are designed to educate and support people who want to improve their health, prevent disease and live life to the fullest. A native of Longview, Texas, Danielle has a great love for nature, animals, gardening and delicious healthy food!

**Experience:** Includes working with clients who have a wide range of health conditions including heart disease, cancer, diabetes, obesity, fibromyalgia, chronic fatigue syndrome, Epstein Barr virus, muscle and joint pain, arthritis, eating disorders, food allergies, food cravings, allergies, skin rashes, migraines, IBS, diarrhea, constipation, cyclic vomiting syndrome, ulcerative colitis, indigestion, fatty liver disease, hypoglycemia, sexual dysfunction, high blood pressure, high cholesterol, gynecological issues, depression, acne, dandruff, candida, MS, low thyroid, cellulitis, sleep apnea, insomnia, unwanted weight loss and more.

### Memberships:

American Association of Drugless Practitioners (AADP)  
New York Association of Naturopathic Physicians (Health Professional)  
New York Women in Communications, Inc. (NYWICI)  
Physicians Committee for Responsible Medicine (PCRM)  
The Weston A. Price Foundation  
Texas Organic Farmers and Gardeners Association  
Vice President of the Board of Directors, Historic Longview Farmers Market