HI, I' M ISABEL!

Isabel Smith is a nationally recognized Integrative Registered Dietitian, Health and Lifestyle Expert, and is the Founder and CEO of Isabel Smith Nutrition, Inc.

In practice Isabel and her team of dietitians focus on root-cause medicine, helping people truly heal their bodies (in many areas including gut, hormone, allergy, and more). When she isn’t working 1-1 with clients, Isabel works with brands and companies she loves in various ways - including promotion, speaking, representing/presenting or feature on her Instagram.

Isabel is sought after for her expert opinion on all things food, supplements, lifestyle, gut health and more; she’s been featured in many national publications including The New York Post, Elle Magazine, Oprah Magazine, Huffington Post, and Today, amongst others and frequently partners with brands on their social channels for various types of partnerships.

Isabel lives in NYC with her fiance and her two Yorkshire Terriers and spends most of her free time in Central Park.

"WELLNESS IS A FUNCTION OF THE FOOD WE EAT, THE PEOPLE WE SURROUND OURSELVES WITH, OUR JOY AND PURPOSE; AND THE TIME WE ALLOW OURSELVES TO BREATHE AND BE PRESENT"

- ISABEL SMITH
Isabel regularly serves as advisor and consultant for various food and health-minded brands and publications including:

BRAND

caesarstone

SIFTER

LIFE EXTENSION

FoodMarble

FR! SKA

Biotta

prolon

KIND

UPLIFT

AND MORE...

PARTNERSHIPS
"I love working with Isabel for many reasons. First, she always replies to my media requests at lightning speed. Whether I need help within two hours or two weeks...

FROM THEIR OWN MOUTH

I know I can count on her to provide me with great insights. Second, and most importantly, the information she provides is always actionable, easy to understand, and supported by science...

Over the past few years, she has become my trusted source for all things nutrition, food, and weight loss, and I’m constantly recommending her to my colleagues."

- DANA LEIGH SMITH
SENIOR DIGITAL EDITOR, PREVENTION MAGAZINE & FREELANCE HEALTH WRITER

"After 20+ years of debilitating pain and symptoms from stage IV endometriosis, dozens of doctors, 2 major surgeries and endless medication and hormone treatments...

Isabel Smith has guided me in my journey toward healing and health- just one month into working with Isabel, I experienced the first virtually pain free period of my entire life!

Together, we are also building up my immune system after decades of chronic illness and now, recovering from Covid 19."

- MEGAN ISN CLIENT
Isabel’s sought-after opinion and expertise have been featured in a number of different media outlets including:

GLAMOUR
TODAY
ELLE
BYRDIE
Women’s Health
SELF
NEW YORK POST
mindbodygreen
delish
HUFFPOST
WELL + GOOD
COSMOPOLITAN

Isabel’s ability to simply and concisely communicate nutrition and health information make her an attractive candidate for media communication as she is able to connect with consumers and clients, helping them to make informed and healthful food and lifestyle choices. Isabel works with like-minded brands and publications.
Isabel has cultivated a community of both men and women, primarily between the ages of 25-45, who are working towards living healthier and happier lives by focusing on their whole person - individual needs, lifestyle, mental health, and personal goals.
Curious about working with us? We’d love to connect! Please send an email to hello@isabelsmithnutrition.com and share more about what you have in mind.

646.712.0770
HELLO@ISABELSMITHNUTRITION.COM
ISABELSMITHNUTRITION.COM
@isabelsmithnutrition

LET'S COLLABORATE

KEYNOTE PRESENTATIONS
EVENT APPEARANCES
TRADE SHOW REPRESENTATION
BRAND CONSULTING & COLLABORATION