Nancy Javaras, Recognized By Influential Women, Turns Personal Healing Into A Lifelong Nutrition And Wellness Mission



MA, UNITED STATES, September 23, 2026 /EINPresswire.com/ -- Helping Individuals Address Root Causes Through Gut Health, Mind–Body Wellness, and Sustainable Lifestyle Change

Princeton, Massachusetts – For Nancy Javaras, FDNP, AFDNP, the path to a career in functional nutrition began with a deeply personal journey. After overcoming a severe 19-year struggle with ulcerative colitis, Nancy discovered holistic and functional approaches to health that would ultimately transform not only her own life but also the direction of her professional career. Today, she is the Founder of Nancy's Nutrition Inc., where she leads a holistic health and functional nutrition practice focused on gut health, detoxification, and mind–body wellness.

Nancy is a Functional Diagnostic Nutrition Practitioner and experienced health coach specializing in digestive health, microbiome balance, stress reduction, and environmental toxin exposure, including heavy metals and mold. Through her practice, she develops personalized 90-day healing programs that incorporate functional lab testing, nutrition protocols, and lifestyle interventions designed to address digestion, hormonal balance, detox pathways, energy, focus, and nervous system regulation. Her approach combines clinical nutrition, holistic therapies, and mind–body principles to help clients work toward long-term health and vitality.

Her professional journey is grounded in both personal experience and extensive training. Nancy holds a BA in Economics from the University of Massachusetts Amherst and completed health coaching education through the Institute for Integrative Nutrition. She also earned her

Functional Diagnostic Nutrition Practitioner certification and has pursued advanced training as an Advanced Gut Health Coach and Advanced Hormones Coach. In addition, Nancy is engaged in advanced studies in microbiome science through programs associated with Microbiome Labs. She is a member of the Association of Functional Diagnostic Nutrition Practitioners (AFDNP).

Nancy launched her wellness practice in 1999 after earlier careers in real estate and insurance. The transition represented a major shift, but it was one shaped by a powerful understanding of what it means to struggle with chronic illness and chronic stress while searching for answers. Her own healing experience inspired her to explore the relationship between nutrition, digestion, environmental factors, stress, and overall well-being. Since then, she has dedicated her work to functional health, gut microbiome support, and mind–body healing.

In addition to her work with individual clients, Nancy is a professional corporate wellness speaker who delivers lectures and workshops on subjects including gut health, liver detoxification, stress management, and sustainable lifestyle change. Her goal is to make complex health concepts accessible while helping audiences understand how everyday choices can influence energy, focus, immunity, digestion, detox, and overall wellness.

Nancy is also a frequent media guest and wellness communicator. Her appearances include the Podcast Business News Network in NY, where she has been recognized for her contributions to health education and was rated “Best of the Best.” Through public speaking, media appearances, and one-on-one work, she continues to expand the conversation around preventative and personalized approaches to health.

Among the challenges Nancy sees in her field is the increasing exposure to environmental toxins, including pesticides, GMOs, heavy metals, and mold. She also points to a healthcare system that can often focus heavily on managing symptoms rather than exploring potential root causes. For Nancy, these challenges reinforce the importance of education and a whole-person approach to wellness.

At the same time, she sees significant opportunities emerging. The rapid growth of gut microbiome research, increasing interest in functional and integrative health, and expanding opportunities for health education and public speaking are creating greater awareness around personalized wellness. Nancy believes these developments can help individuals become more informed participants in their own health journeys.

Faith, purpose, integrity, and holistic well-being are central to the way Nancy approaches both her professional and personal life. She believes in remaining grounded spiritually and regularly reflecting while staying connected to God as a source of guidance. She also values health and balance, incorporating physical activity, time outdoors, and wellness practices that support both body and mind.

Service and education remain equally important to Nancy. She is committed to helping others

explore health at the root-cause level rather than simply addressing symptoms. She is also passionate about environmental responsibility, cleaner food systems, and reducing exposure to toxins in ways that can help protect future generations.

Nancy attributes her success to persistence, faith in God, lifelong learning, and gratitude. She does not give up easily and believes her ability to communicate and connect with others is a gift meant to serve others. The career advice that has guided her most strongly is simple: follow her dreams and believe in herself. Nancy believes God places purpose and vision within each person for a reason, and that pursuing that calling with confidence and faith is essential.

Today, Nancy continues to bring together professional training, personal experience, functional health principles, and a commitment to service. Her work reflects a lifelong belief that meaningful wellness begins with understanding the whole person—and that education, persistence, and purposeful living can help individuals move toward greater physical, emotional, and spiritual well-being.

Learn More about Nancy Javaras:

Through her Influential Women profile: https://influentialwomen.com/connect/nancy-javaras

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