



IJEOMA UGWU is a food expert from the science and nutritional points of view. She is the founder and lead Nutritionist at Brainfoods for Guts and Psychology. She is the research and development consultant at Albertos bakery specialized on the production and distribution of gluten free and casein free foods. She has led many intervention efforts in helping families and individuals living with health challenges to harness the healing power of food and overcome their health challenges to live more productive and happier lives. She is a highly sought-after professional and knowledge focused facilitator and has led several Seminars and Workshops for various corporate organizations, institutions, multinationals, and arms of government. She has also successfully launched an awareness campaign tagged 'Walk awake Autism', an annual event that takes autism awareness to the streets, schools, and villages.

Being a foodist by nature, her interest led to her obtaining a master's degree in Food Technology from Gent University, Belgium. In further pursuit of food, she has just concluded a master's degree program in Human Nutrition and Dietetics from the prestigious University of Ibadan, Nigeria.

She also serves as a professional nutritional therapist for autism and related conditions facilitating classes on nutrition in neurological impairments. She has been a consultant on the GT Bank funded project on autism, orange ribbon, that creates awareness and offers free consultation services which has impacted over 50 000 families throughout the federation.

Ijeoma Ugwu is a dedicated mother to her young children, learning and channeling their energy into productivity but more importantly striving at raising empathic individuals who would positively impact their world and create an inclusive society.

Ijeoma is passionate about transforming mindsets towards health actualisation by finding solutions within oneself and immediate environment.

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