

Vanessa Aldaz, MPH

RDN CDCES

- Registered dietitian nutritionist and ketogenic diet therapy dietitian and certified diabetes care and education specialist. Vanessa received her MPH in Nutrition from Loma Linda University in 2004 and has a B.S. in Biochemistry and Cell Biology from University of California San Diego. She has specialized in ketogenic diet therapies for epilepsy and neurological disorders for the past 18 years in the clinical setting at RCHSD and working with patients of all ages including infants and adults. She has participated in several publications and presentation on the KDT. She has served as a ketogenic ambassador through Nutricia NA and has taught and mentored hundreds of dietitians. She is now also dedicating her passion and expertise in brain health and nutrition by helping women improve their brain health and regain their energy and confidence through nutrition and mindfulness techniques in The Better Brain Way Plan program. She lives in Southern California and loves spending time with her family.
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- Facebook business page: @thegoodbrainRD



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- She has participated in several publications. She has given presentations on the Ketogenic diets, teen health and nutrition programs and diabetes.
- She has taught and mentored hundreds of dietitians. She is now also dedicating her passion and expertise in brain health and nutrition by helping women improve their brain health and regain their energy and confidence through nutrition and mindfulness techniques as founder of The Better Brain Way Plan program.
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