



About Tammie Duggar

Teacher • Motivator • Real Foodie

Tammie Duggar has a special inner mission to heal, nurture and nourish other people. One expression of this is her passion for nutrition. She teaches that the best foods to eat are Whole Real Foods. She has written several cookbooks. Each book is designed to help people connect with real food, to fall in love with the process of meal preparation and to recapture that special connection that she feels our culture is losing.

Tammie has had a personal journey with food as she has discovered ways to heal herself and increase her vitality. As a certified Culinary Nutrition Expert and Transformational Nutrition Coach along with over 20 years of “in-the-trenches” training in her own kitchen where she has learned to apply the key principles of creating nourishing and healing foods. Her kitchen is her playground where she loves to discover and experiment.

She is a natural teacher and has a gift for making people feel good while they learn because she has a way of making complex things simple and practical.

She offers recipes, eBook cookbooks, meal plans and personal coaching that help build confidence and excitement about eating whole real foods and making lifestyle habits that create health.

Tammie is married to her sweetheart, Dr. Jerry Duggar, a holistic chiropractor who specializes in functional medicine. They are the owners of Duggar Wellness, a holistic healing center in Bountiful, Utah. They offer programs and resources online, www.duggarwellness.com, and work remotely with clients all over the country.