

Welcome to our new updated website!

Welcome to our new and improved website!

Some years have passed since its creation and with the welcoming of the New Year 2011 we have decided to make some significant changes for improvement. After all, it's been said that whatever stays the same, slowly wears out and fades away. Most of us at the end of each year, review our past and make decisions, set new goals and start our journey with more energy and positive thinking in an attempt to experience our new adventures, that will lift us up.

So we did the same, setting new goals and making several highly needed changes. One of the changes was the renewal of this website, and of course, one of our goals is to be able to get closer to you, offer more information and become a part of your everyday life. We thus hope that you will enjoy every little piece of information provided at diatrogologos.com, and that we can become one of your most trusted friends.

At this point I need to express, over again, the reason behind the creation of diatrogologos.com. And this reason was to help you realize that it's never too late to become what you might have been, because we are born with the power to alter anything and everything in our lives. We have a cornucopia of alternatives and choices, right in front of our eyes and with the proper guidance we may just reach out and grab them.

The idea of starting a web-based nutrition site was also based on the fact that even though we are all interested in our health, our busy lives do not allow us the time to visit a professional in the field of nutrition every time we have a question or need someone to motivate us.

diatrogologos.com gives the solution, in that it's accessible to you at the convenience of your home or office. And now, with the updated website, things are much easier while information is made more handy and reachable.

I invite you therefore to explore our interactive, value-packed website, contact us for your personalized services and allow us to help you achieve your everlasting goals.

Here's to your lasting good health,



Maria Byron Panayidou
B.Sc. M.A. Nutrition

"The higher your energy level, the more efficient your body will be. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results."

Anthony Robbins

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