

ABOUT BRIDGETTE

Bridgette Becker's life work and practice are devoted to supporting people on their path towards balanced and renewed health in mind, body and spirit. As a Functional Nutritionist, Holistic Health Practitioner and Yoga Instructor with 25+ years of dynamic experience, she has worked alongside pioneers in the field of nutrition, gut health, detoxification and chronic illness.

A thought leader in her field, Bridgette's methods are proven and effective. She has been immersed in the world of integrative health since childhood, having practiced many of the lifestyle principles that she teaches to her clients from an early age. She was raised in a home where meals were prepared using organically grown ingredients from her family's small farm and illness was not addressed by simply treating its symptoms but exploring the root cause. These experiences shaped Bridgette's personal and professional life, having raised her children with this approach as well. It is through her recognition of the positive differences these concepts have contributed to her and her family's lives, that drives her passion to assist others in reaching their health goals.

Known for her warmth, accessible knowledge, experience and teaching style, Bridgette combines both an evidence-based and client-centric approach when working with individuals, families and communities. She is just as committed to helping people on their journey of self-discovery as she is to learning the most current findings in the field to better support their progress. Through a collaborative relationship, clients are able to make connections between their familial and personal health history, current practices and needs in order to move from dis-ease to well-being.

With The Ranch Integrative Health Plan and The Ranch 360, Bridgette meets people where they are to chart a practical and attainable course, putting optimal health within reach for her clients and providing them with the tools to maintain it.



Bridgette Becker
Functional Health
Practitioner
The Ranch Malibu