

Purpose Nutrition Co

NUTRITION & WELLNESS



CHRISTINE BAXTER

Functional Nutrition & Health Coach Dip.NT, CFHC

Christine Baxter is an accredited functional nutrition and health coach specializing in women's health. With over seven years of experience, Christine has guided numerous women in navigating digestive disorders, low energy, persistent weight gain, and the challenges of the perimenopause and menopause. Through practical dietary and lifestyle changes she guides women in reclaiming their health while transforming their relationship with food and helping them to feel confident and empowered in their health.

Christine believes that the path to wellness does not require another restrictive diet or harsh medications. Instead, she offers personalized plans that allow her clients to gain control over their symptoms and learn to eat right for their unique needs. By providing nutritional guidance, a root cause approach and one-on-one coaching, Christine supports her clients in making manageable steps toward improved health and well-being.

Her motto is to, "work with the body and not against it," reflects her commitment to working with her clients to foster a positive relationship with food, self-care and optimal health.

Experience/Expertise:

Functional Nutrition Specialist:

Expertise in addressing women's health issues through tailored nutritional strategies.

Health Coaching:

Personalized support that combines nutrition with practical lifestyle changes.

Public Speaking:

Regularly featured speaker at corporate and wellness events, sharing insights on health and nutrition.

Media Presence:

Contributor on DSTV Channel 176, The Home Channel, Real Health, Cover Personality on GET IT magazine
Guest Speaker on Radio Islam



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MAGAZINE



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FEATURED TALKS & WORKSHOPS

Empowering individuals with science-backed, practical strategies for better health, energy, and confidence

Why Book Christine Baxter for Your Next Event?

With a background in nutrition and personal experience overcoming gut and stress induced health issues, I bring a relatable, science-backed, and empowering approach to health. My talks are engaging, practical, and tailored to each audience, ensuring attendees leave inspired and equipped with actionable strategies for lasting change

- ✓ Corporate Offices & Employee Wellness Days
- ✓ Beauty & Wellness Centers –
- ✓ Retreats & Wellness Events
- ✓ Women's Wellness Gatherings
- ✓ Entrepreneur & Leadership Groups



STRESS IN THE WORKPLACE: HOW TO MANAGE IT & FUEL YOUR BODY FOR PRODUCTIVITY

Ideal for corporate teams and leadership workshops, this talk covers how stress impacts digestion, weight, and mental clarity—and how to combat it with smart nutrition and lifestyle shifts. Learn practical strategies to reduce burnout, sustain energy, and enhance focus through balanced meals, stress-busting habits, and simple adjustments to your daily routine. Attendees will walk away with actionable tips to stay productive and feel their best, even in high-pressure environments.



UNDERSTANDING HORMONAL IMBALANCES: NAVIGATING PERIMENOPAUSE & BEYOND

Designed for women's wellness events and corporate wellness programs, this talk breaks down common hormonal imbalances, including those experienced in perimenopause. Learn how hormones affect weight, energy, mood, and sleep—and discover how nutrition, lifestyle changes, and stress management can restore balance. Attendees will leave with practical, science-backed strategies to feel more energized, confident, and in control of their health.



WEIGHT LOSS WITHOUT COUNTING CALORIES: HOW TO INCREASE ENERGY, LOSE WEIGHT & BOOST CONFIDENCE

Ideal for women's health events and corporate wellness programs, this talk reveals how to lose weight and boost energy without restrictive dieting. Learn how blood sugar, hormones, and metabolism play a role in weight management, and discover sustainable strategies for fueling your body effectively. Attendees will walk away with an easy-to-follow approach to weight loss that prioritizes balance, confidence, and long-term success.



GUT HEALTH & ITS EFFECT ON YOUR OVERALL WELL-BEING

Perfect for wellness centers, retreats, and corporate wellness events, this talk explores how gut health impacts digestion, immunity, mood, and metabolism. Learn to recognize signs of an imbalanced gut and discover simple yet effective ways to restore it through diet, probiotics, and lifestyle shifts. Attendees will gain practical tools to improve digestion, reduce inflammation, and enhance overall well-being.

