



"We are all united in our need to eat for survival and in our enjoyment of food," says Ali. "When I can guide a client to eat in a way that helps them achieve a goal, such as lower cholesterol or weight loss, or helps to put a medical condition into remission or dormancy, I am giving them a resource they can return to again and again. Clients' eating habits are sensitive subjects. Often, people feel ashamed about their food choices and habits, and how they've ended up where they are. We at Eighty don't believe in guilt or food shaming; every day is a new opportunity to create change!"

busy family, they are also a breeze to prepare. Eighty recipes are developed from a science-based, nutrient-dense protocol that uses food (real food) to balance, heal, revitalize, and restore clients to optimal wellness.

Combined with community support, food education, coaching, and mind-body exercises, the Eighty blueprint teaches clients to take charge of their health and lives. It's a transformative, healing program that has fostered a number of new friendships in Fair Haven. A number of Ali's closest Fair Haven friends started out as clients, and her group resets have brought local people together



Lara Robby Photography

EIGHTY NUTRITION: FIND YOUR PEAK STATE OF AWESOME

BY MARIE BIRO

Visit www.eateighty.com to learn more about Eighty's services. Visit Eighty's new website - www.eightycleanse.com - to learn more and purchase their seasonal group cleanses and workweek resets.

Eighty Nutrition is a functional nutrition company focused on teaching people what to eat and how best to eat to support their own health. Eighty offers a variety of services, ranging from nutrition counseling and customized nutrition protocols to group cleanses and resets.

"We are like a personal trainer for your diet and lifestyle," says founder and owner Ali Kucich.

Eighty works with people seeking to improve their lives through better nutrition: busy parents trying to keep their families eating right; high school athletes looking for a competitive advantage through eating better fuel; kids going off to college; cancer survivors; and those looking for specialized medical diets to treat anti-inflammatory, autoimmune, and chronic conditions. They also work with small corporations, designing wellness programs and challenges for their employees.



Ali founded Eighty Nutrition in Fair Haven in 2016. She has been a certified health-supportive chef and functional nutrition specialist since 2003. She and her husband Jason Brady have lived in Fair Haven for four years and love being part of the fabric of this special community. They are parents to four boys in Fair Haven schools: Xander and James in 6th, Asher in 4th, and Gage in 2nd. She is also dog-mom to a gregarious 85-lb Bernedoodle named Ozzie who greets every Eighty client and is featured on Eighty's website. Extremely active in Fair Haven schools, Ali has been on the Executive Board of the Fair Haven PTA for three years and is often seen around Fair Haven in a shirt that reads, "Eat Until You Feel Awesome," one of her favorite Eighty slogans.



Lara Robby Photography

"Once clients realize that they can eat food they love and still change their bodies and health for the better, that is a total game changer," she says.

Original recipes, often clients' old favorites reinvented to be healthier, are a core part of the Eighty program and testing new recipes is one of Ali's favorite parts of her job. Frequently, she treats her local friends to samples delivered to their doorsteps. Her nutrient-dense recipes are simple and clean, but packed with flavor. Knowing from personal experience what it's like to manage a career and a

who have since remained friends and workout buddies. "Accountability and community are huge when it comes to getting on and staying on track," says Ali. "It's so much easier to achieve a goal when you feel connected to like-minded people."

Four times a year, Eighty offers seasonal "real food" group resets, designed to empower participants to find a way back to what Ali calls "their peak state of awesome." Eighty has also just kicked off the Workweek Reset Series, quick and easy 5-day resets occurring during the first workweek of each month. The Workweek Reset features an

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