

# **Laura Palli**

**Founder of LaPalli LLC**

**& Executive editor of LaPalli Magazine**

I was born and grew up in Milan, Italy in 1965. I studied at the Liceo Classico Conservatorio and graduated with a Law degree. I moved to Switzerland in 1987 until 2020, where I studied and became a Dietitian, specialized in cancer nutrition, being passionate about medicine and oncology. I moved to the USA in 2020, where I aspire to share my knowledge and expertise.

I studied medicine and nutrition between Switzerland, Italy, and USA. I am licensed by the Swiss Health Care System and Insurances. I open my first oncologic nutrition private clinic in Switzerland, collaborating with the Swiss medical network. Including the prestigious Clinique Genolier working with Dr. Kirchner, President Swiss Oncology, Dr. Catherine Plancherel Lavy, Dr. Thierry Halvadijan, and the Swiss Cancer Ligue. I also worked with many gynecologists, families, physicians, surgeons, and radiologists.

I took care of thousands of patients. I work cooperating with oncologist, and in parallel with conventional treatments. Oncologic nutrition allows patient to be well nourished, improve their life quality and reduce short-, medium- and long-term side effects. It is possible to improve therapeutical results in both first prognosis and lowering chances of recurrences if the patient follows a correct physiological nutrition and lifestyles.

I am the creator of a physical activity program, tailored for cancer people in partnership with the "Let's Go" Swiss fitness network. As well as an educational program, teaching fundamentals of nutrition and physical activity, for the "Fondation de Verdeil" school in Lausanne, Switzerland. I also was a part of many public conferences, raising awareness on primary prevention, healthy nutrition, and lifestyle, especially after the first cancer diagnosis.

I was the IAAND President of Switzerland (2018/2020). I currently am RDN LDR MSCN by standards of the Florida Health Department. Additionally, I am the administrator of a Facebook group of over 6830 cancer patients, supporting cancer patients and their families, which you are welcome to join.

My hobbies include medical studies, literature, music, art, theatre, sport, fitness, culture, foods of the world and nature.

I speak English, French and Italian.