

Betty Bogonko Rouse

Nutritional Health Coach



Betty Bogonko Rouse (Bettina), BSc in Public Health Nutrition from Leeds Metropolitan University, UK, is a Nutritional Health Coach at Natural Grocers with a strong background in clinical nutrition, research, and community health. She has contributed to public health research through her work with the Kenya Medical Research Institute and brings a unique blend of scientific expertise and client-centered care, drawing on her experience as a medical delegate at Liptis Nutrition. Driven by a passion for health and wellness, Bettina is committed to empowering individuals through evidence-based nutrition, practical lifestyle guidance, and compassionate support to achieve lasting well-being. When she is not working, she can be found swimming or out hiking.

