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Hi! I'm Kylene, a Registered Dietitian Nutritionist (RDN) currently working in the NBA. I was previously a dietitian at the Cleveland Clinic Center for Functional Medicine. Wondering what brought me to this place? It's an interesting story.

I grew up on processed foods, similar to most American children, especially those involved in sports. Eventually as the years passed, I developed a strong interest in nutrition. I started to realize that the better I ate, the better I felt and played. This led me to become an RDN.

I started my career practicing conventional nutrition, teaching the food pyramid and calorie counting. Over the past eight years, my way of thinking and eating has been completely transformed.

After completing my dietetic internship, I dove headfirst into the world of work and shortly thereafter I was hired by a world-renowned hospital. Over time, I noticed how exhausted I felt each day. Despite adequate sleep, I could not function or train for a race without coffee. I started to notice that foods I had consumed my entire life were no longer well tolerated and my body composition wasn't what it used to be. BUT my diet was "well balanced" in the eyes of conventional nutrition and my doctor said my lab's values were "perfectly normal". How could this be?? Was I working too hard? Was this premature aging?! To make a long story short, I later discovered that I had been walking around with food sensitivities and nutrient deficiencies for years and it was never recognized by any health care provider.

Over time, I have come to find that this is an incredibly common occurrence and the symptoms, although subtle, often begin years before the individual realizes that there is a problem.

Fast forward to today, I feel better than ever and I have made it my mission to help others reach their fullest health potential, athletes and non-athletes alike.

During this journey, I've had the privilege of assisting thousands of individuals to achieve their dreams. I've worked with conference champions and world champions. I've seen the minds and bodies of those who felt weight loss was a hopeless endeavor, be transformed. I've also had the honor of helping many individuals reverse their chronic pain and fatigue.

The best part? I've done it all using food as my guiding principle. These individuals have found their competitive edge on the field and in the game of life.