

Franziska Dreidax

Nutritionist



Franziska Dreidax is a nutritionist and enriches the BIOMES team with her experience in nutrition counselling and her inexhaustible knowledge about healthy food.

As a small child, she already discovered her love for cooking together, planting, and harvesting from the home garden. Her tireless urge to explore nature and mum's kitchen led her to the topic of nutrition at a very early age. In her own family there were relatives with rheumatic diseases and the like. These factors had a decisive influence on Franziska's development, so that her career aspirations were clear from an early age.

As a young woman, she therefore moved to Gießen to study nutritional sciences at the renowned Justus Liebig University. In 2019, she then successfully completed this degree at Martin Luther University in Halle-Wittenberg with a Master of Science. She completed her practical master's thesis at the Charité Hospital in Berlin in the field of diabetes prevention. She has already produced her first publications for the DZD (German Centre for Diabetes Research) as part of a workshop.

Dealing with patients suffering from diabetes mellitus type 2 and prediabetes, as well as providing them with individual nutritional advice, enriched Franziska's wealth of experience. She also particularly enjoyed creating individual nutrition protocols. Her extensive knowledge as well as her counselling experiences have been instrumental in the development of the personalised BIOMES nutrition plans. Increasing people's well-being through healthy nutrition and thus giving them a better quality of life is what drives her in her work every day.

BIOMES NGS GmbH, a biotechnology company with currently 60 employees, was founded in 2017. BIOMES uses the Next Generation Sequencing method to analyse the DNA of the microbes that live in and on the human body. The results are personal microbiota profiles, based on which clients receive individual recommendations for healthy nutrition and an increase in their quality of life.

Franziska's own healthy lifestyle is characteristic of her. She exercises daily and always eats a balanced and conscious diet. It is important to her not only to use food in a varied way, but also in the right proportions and in coordination with each other.

As a nutritionist, she knows exactly how health and enjoyable eating and drinking can be combined. It seems she was born with it.

Accompanying BIOMES customers on their way to a healthier lifestyle gives her fun and joy in her work as a nutritionist every day.