



Cindy König

Health Communication specialist, Influencer
Nutrition Zurich

Cindy König is a behaviour change expert, health scientist, and founder of Nutrition Zurich GmbH, a science-led company helping entrepreneurs and professionals get healthier and stronger. With a background in Clinical Psychology, a Master's in Health Sciences from the University of Luzern, and Nutrition Science at ETH Zürich, she specializes in lifestyle interventions and closing the gap between research and taking action in real busy life. Translating evidence-based health practices into personalized strategies.

Working closely with entrepreneurs and professionals, Cindy has guided many transformative health journeys, helping clients restructure habits and improve their physical health, mental resilience, and performance long-term. Through coaching, public speaking, and digital communication, she is passionate about busting health myths, helping people navigate the increasingly complex health-information landscape.