



# Beryl’s Story:

**Beryl Krinsky, MBA, MS, RDN**  
**B.Komplete Founder & CEO**  
**Komplete Business Dietetic Internship Founder & Director**

I have always considered the taste of food to be of paramount importance. When I was just 3 years old I asked my parents to have my birthday dinner at a Chinese restaurant in order to have my favorite dish at the time, “Moo Shu Chicken.” Another childhood story was when a waitress asked our table if anyone had room for dessert and my reply was, “there is always room for dessert!”

By age 10 I determined what the ultimate sign of independence could be. I asked my mother if she knew what I was going to do, when I left for college (8 years later). She held her breath as I answered, “I am going to eat all of the fried chicken that I want!”

By junior high my focus on solely the taste of food grew into an interest in food for health. In eighth grade my science project measured the dietary habits of my classmates, and found that my classmates were eating a variety of quite unhealthy foods. I developed recipe alternatives to meet the taste preferences of my classmates while simultaneously meeting optimal nutrient requirements. I loved this project so much that my future in the field of food and nutrition was a clear path for me. I went on to study at several universities and colleges and have advanced degrees in Nutrition, Food Science and Food Marketing. I am a member of the Academy of Nutrition and Dietetics and the New Jersey Academy of Nutrition and Dietetics (NJAND). I am currently serving as a Media Representative for NJAND and serve as the co-chair for the Communications Committee.

I am passionate about sharing the knowledge I have gained and bringing a nutritious and healthful way of life to others. The mission of my wellness firm, B.Komplete, is to inspire the individuals within corporations to achieve ‘komplete’ and holistic wellness. We partner with businesses that require expertise in health and develop programs that benefit the employees and drive corporate cost savings. Our best-in-class programs leverage current research, trends, and innovation in health and wellness, with a focus on solutions for sustainable results. Program topics and materials may be customized to meet the needs of the employees in each company. I am proud to employ an experienced and dedicated team of wellness professionals, including Registered Dietitian Nutritionists, Yoga and Pilates Instructors, Massage Therapists, Personal Trainers, Registered Nurses, Phlebotomists and Licensed Acupuncturists, who represent the B.Komplete brand and bring our services to life. With my passion for wellness and education, I have launched a second business, the Komplete Business Dietetic Internship. This accredited distance dietetic internship program teaches future nutrition professionals the steps to become Registered Dietitians with business acumen.

I would have to admit that my greatest accomplishment is leaving corporate America, to start my own businesses. While it can be stressful, scary, and extremely challenging, I wouldn’t give it up for the world. I am truly living the life of my dreams.

## Social Media:

- Website:** <https://bkomplete.com>
- YouTube:** <https://www.youtube.com/channel/UC33emK0usURhwONCpvSx4-w>
- LinkedIn:** <https://www.linkedin.com/company/b.komplete-llc/>
- Facebook:** <https://www.facebook.com/bkomplete/>
- Instagram:** <https://www.instagram.com/bkomplete/>
- Twitter:** <https://twitter.com/bkomplete>
- Business Dietetic Internship Website:** <https://kbidinternship.com/>