

Medical Nutrition Therapy Consultations

** Are symptoms such as chronic fatigue, aches and pains, brain fog, weight gain and other symptoms interfering with the quality of your life?*

** Would you like to live at your highest health potential even in the face of advancing years or a diagnosed condition?*

** Would you like to acquire powerful science-based personalized nutrition and nutraceutical recommendations to help you to reduce your symptoms; bypass your genetic weak links; and avert the progression of age-associated chronic*

I can be an ally for your health and give you the tools you need to maintain or gain back your health, youthfulness, and vigor.

There is solid scientific evidence that proves that how we live greatly controls the speed at which we age, and research has proven that food is the primary promoter of health and disease protection. Our diet is 300-400% more important than even exercise for good health. I can help you to make every bite count by guiding you on how to choose therapeutic foods with the highest nutritional and antioxidant values to support your personal health needs.

With my support we will create a tailored action plan to optimize your body's innate healing ability so that you can potentially resolve some of your personal health challenges, reverse your symptoms and reach your highest health potential.

Specifically I will be sharing leading-edge, research-based optimal aging nutrition principles; functional assessments; dietary supplement and botanical advice; and lifestyle medicine recommendations. I will also:

- Develop short and long range goals for your health improvement. I will recommend targeted nutrient-dense therapeutic foods (a source of concentrated nutrients) to help your body come into balance.
- Do an inventory of your symptoms that potentially can relate to an imbalance in the 7 core physiological processes so as to help identify health areas that may need more focused dietary attention.
- Assess your nutritional (vitamin/mineral/ fatty acid/protein) insufficiencies. Supplementation can be a key element for helping your body to come into balance. There are specific supplements that are proven to work in human clinical studies.
- Assess your nutritional, digestive, and metabolic status through informal clinical techniques, and simple home tests.
- Give you tools to optimize the functioning of your gut-which is the foundation of your health.
- Teach skills related to shopping, cooking, storing foods, eating out, and managing stress.