

I get it, you're sick of trying to figure out this whole "nutrition" thing.

There is so much information being thrown at us about what we should be eating, when we should be eating, how we should be eating—who can keep up with it all! Toss in your fatigue, GI issues, weight loss/gain, poor sleep, stress, lifestyle, exercise, etc. and it only further complicates things. Maybe you've tried the multitudes of diets out there and have been left feeling even more discouraged.

But what if.....

- *there could be a better way than just closing your eyes and randomly picking a diet to try?*
- *there was a way to understand your unique physiology and learn how to eat in accordance with it?*
- *you could eat in a way that supported our sleep, exercise, energy level, hormones, gut, and mood?*
- *your nutrition improved our strength, body composition, or performance?*
- *you felt confident planning meals or shopping at the grocery store?*

That's where I come in.

I am completely convinced that no one way of eating is right for everyone, and sometimes it takes a little bit of work to uncover what way of eating is right for YOU. I am here to help guide you through this process.

Nutrition counseling is perfect for you if you....

- Want to better understand your body and its unique nutritional needs
- Have performance or exercise goals you want to support nutritionally
- Are looking to level-up your health
- Want a partner to collaborate with about your health goals
- Can be an active participant in our work together
- Are prepared to invest physically, financially, and with your time
- Understand that progress takes time and results are not always instant
- You want more energy, improved mood, or just want to feel better

Nutrition counseling is **not** a good fit for you if you...

- Are looking for someone to just "tell you what to do"
- Only want meal plans
- Aren't able to make a time or financial commitment
- Are hoping for a quick fix

We'll talk through your specific goals when we meet, but I am credentialed to help with:

Sports Nutrition

Diabetes management

Hypertension

High Cholesterol

GI issues

Weight Loss

Women's health
General Wellness
Fatigue
Hormonal issues
And more!

Book your free discovery call today!

Book here:

<https://my.practicebetter.io/#/64ca9440c14bbaad4c09d9e4/bookings?s=64cac23a021bf198e0ebc557&step=date>

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