

Who you are and why you are in this field of work.

I am what is known as an Integrative Nutritionist. I have a Master of Science degree in Clinical Nutrition and Integrative Health from Maryland University of Integrative Health which is an accredited University up near Baltimore.

I chose to pursue Integrative Nutrition as opposed to Dietetics because I wanted to work outside of the traditional medical system.

I'm a researcher at heart and need to get to the root cause of an issue. The "WHY" am I not feeling well. This is how a Naturopathic Doctor or a Functional Medicine Doctor approaches health. Fix the root cause instead of treating the symptoms. Since many times the root cause involves what we put in our bodies, I chose to study nutrition and food.

What inspires you to talk about nutrition, to reach out to help others.

There are so many different diet crazes out there right now. I get asked what do you think about Keto? What do you think about FODMAPS, do you think I should go Gluten-Free. The answer is that everyone is different. There is no one diet fits all. And anyone who promises you that you will lose weight on their diet shouldn't be trusted. I will never promise that. The goal should be to get healthy, the weight usually follows.

It's interesting to me – there's so much information out on the internet with regard to nutrition, some of it good depending on who is actually writing the content. I really like the Cleveland Clinic or the Harvard School of Public Health for trusted information. It's important to cut through the noise and be sure the person writing content is actually qualified to do so.

I want to encourage people to eat healthy food. But the problem is somewhere along the way, we've lost the ability to differentiate between what is healthy and what is chemically enhanced to taste good. And as a society, we have gotten so busy and fast food has taken such a strong hold on us and won't let go. This is hard and I believe this is what people need the most help with – the transition back to eating healthy.

Briefly explain why nutrition is an important factor when it comes to meeting goals i.e. the *why do you need this angle*

We all know how important exercise is to be healthy – but what many people don't realize is that it's not *only* about exercise. There are 3 definite areas to focus on to truly be healthy. The first is exercise, the second is diet and the third is mindset or stress management. It's like a 3-legged stool. If you only focus on one leg of the stool, the stool is wobbly.

Exercise and stress cause the body to break down and good nutrition builds it back up. Lean proteins, good fats and complex carbohydrates help the body to repair after exercise.

Life is busy. Fast food and take-out has become a way of life and it is taking a toll on our health. Being able to plan and prepare more meals at home can go a long way to keeping us healthier, but not everyone has the time or the information they need to get started.

Please explain what each package entails and what somebody could learn from that session.

I'm offering two different ways to approach this.

The first one is a simple Food Diary Review: Some people just want help tweaking their current dietary intake. Maybe they are having trouble balancing meals, or don't know how to get started with meal prepping for the week. The Food Diary Review is a one hour session where we go over just that – what are you eating, how can we tweak that and make it healthier.

The other offering is more of a 3-part package and is more in-depth:

At our first meeting we do a complete intake. We spend anywhere from an hour to an hour and a half reviewing:

medical history

any directives from your medical team

we discuss family history

type of exercise

are you getting the proper rest

what stressors may be causing issues

and talk about your goals for getting healthier

If you are taking any supplements we review those to be sure they are helping, and I'll give you a couple of easy first steps to get started with.

Then, I take all this information and get to work researching so when we meet the second time, I have a pretty complete plan for you.

At the second visit we look over the plan and decide together on the steps to take to get where you want to go.

The last visit is a couple of weeks later to make sure the plan is working and to make adjustments and answer questions.

For some people this is enough. For others, we can always set up regular visits to continue to work together to reach goals.

and lastly talk a bit about how it helps to have someone guide you through the process.

A nutritionist is a part of your healthcare team. Doctors do the diagnosing and make their recommendations. And often these recommendations are to eat better or healthier and to get more exercise.

You could do a lot of google searches and try the many different fad diets out there or listen to influencers who are paid to encourage you to try products they endorse,

or you can get to the root cause of the issues with regard to you and your own body and your specific genetics by working with someone who has been trained to help.