

How Functional Nutrition Can Help You

Functional Nutrition Counseling works within the revolutionary Functional Medicine framework of care that has been expanding in the past decade. It is the future of health care for the treatment of those with chronic illness who are not getting better within the conventional model of care. The goal of Functional Nutrition is to assess the root causes of your health problems, and then help affect diet and lifestyle changes so you can lead a happier, healthier life.

Functional nutrition can help address issues related to autoimmunity, mental health, digestion, and really any chronic illness not being improved through conventional medicine. It works to actually repair food-related root causes of chronic disease, including nutrient deficiencies (these are actually extremely common), food sensitivities and intolerances, nutrient absorption problems, toxin accumulation and compromised gut health. Functional Nutrition Counselors aim to:

- Understand the whole person.
- Address the terrain within which those signs, symptoms or diagnosis manifested.
- Educate the patient on why their health challenges arose and on how to take back control of their own health.
- And to use specific skillset to fill the gap that exists between the physician and the patient.

Functional Nutrition Counselors follow the Functional Medicine principles of bio-individuality, and utilize systems and tools for those struggling with chronic conditions to recover their health. In the field we employ counseling and education to help clients achieve their desired health care goals. We take a holistic approach to health by incorporating food, sleep, stress, fitness, relationships and toxic environmental factors, in the effort to reduce the symptoms and risks of chronic disease.

As a Certified Functional Nutrition Counselor, I can support you through the elimination phase of foods that contribute to inflammation, supporting the dietary clean-up needed for healing to take place. I offer education of body systems to explain why certain recommendations are being made. I

am also trained at reading labs and offer nutritional, herbal and supplement guidance for nutrient deficiencies.

I provide one-on-one online services, making it convenient for you to get the counseling support you need in the privacy of your own home. Like all Functional Nutrition Counselors, I advocate for you and can interface with medical professionals across an array of healthcare settings.

My greatest joy is helping a client understand what is going on in their body and helping them to meet their goals for improved health and wellness so they can enjoy the magic of living life to the fullest.