



# Individual Nutrition Consultation

Our dietitians at the Elliot Center for Advanced Nutrition Therapy offer one-on-one consultation for children and adults of all ages and health goals. Whether you are trying to lose weight or manage a health condition, our experts will work with you to customize a plan based on the most scientifically accurate nutrition information as well as some behavioral tools to meet your individualized goals and provide you with optimal levels of nutrition.

Individual nutrition counseling covers a wide range of nutritional assistance and has been found valuable in reducing risk factors for cardiac disease as well as a wide range of clinical conditions and nutritional concerns such as:

- Autoimmune Conditions
- Cancer
- Child/Adolescent Nutrition
- Celiac Disease
- Diabetes
- Digestive Disorders
- Disordered Eating
- Food Allergies/Intolerances
- General Nutrition/Wellness
- High Blood Pressure
- High Cholesterol/Triglycerides
- Kidney Disease
- Neurological Complications
- Pregnancy Nutrition
- Prevention
- Sports Nutrition
- Stress Management
- Thyroid Issues
- Vegetarianism or Vegan
- Weight Loss-Management
- Women's Issues

## What to expect at your first visit?

Your first visit is a 60-minute session with a registered and licensed dietitian. Follow up visits are approximately 30 to 60-minutes.

## How many visits?

We will work with you to reach your goals with as many visits as needed. Our recommendation is a minimum of three visits.

The Elliot

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All new appointments will require a referral from your primary care provider. We will work with you to determine if your insurance plan covers your nutrition visit.

For more information, call us at 603-663-3130.