

***Nutrition+Lifestyle are
powerful tools for good
health! Do you agree?***



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Telehealth available



INSURANCES ACCEPTED

- Aetna, PreferredOne
- BlueCross BlueShield
- HealthPartners
- Medicaid (MA & MinnesotaCare)
- Medicare
- Medica
- Optum/UHC

CONSULTING SERVICES FOR:

- Medical Nutrition Therapy
- Heart health, high cholesterol/lipids & high blood pressure
- Weight management
- Metabolic syndrome
- Type 2 Diabetes, Prediabetes
- Fatty liver
- Hypothyroidism/Hashimoto's
- Kids above 6 years- weight loss/ gain, fatty liver
- Food allergies and intolerances
- Women's health: pregnancy, gestational diabetes, fibromyalgia, PCOD
- Preventive health and wellness
- Gut health
- Restricted and special diets- vegetarian, vegan, gluten-free, Low FODMAP diets (for IBS), Mediterranean diet, etc

