



Nutrition and Lifestyle Help for Your Health

Experienced, Compassionate, Professional

No health care prescription can be effective without nutrition and lifestyle health to support it. My mission is to carefully listen to you... and based on what I learn about you, your health history, and your readiness, provide you with the guidance, tools and support you need to improve the direction of your health. As a registered nurse and nurse practitioner with experience and knowledge in nutritional health as it pertains to traditional and functional medicine, I will help you untangle a web of overwhelming information and focus on what is relevant to YOU, wherever you are on your journey to better health.



Do you wonder what to eat to be healthy?

Are you looking for help to lose weight?

Are you concerned your current diet and lifestyle could be making you unhealthy?

Have you considered underlying health problems may be preventing you from achieving a healthy weight?

Is it possible you could have food addiction, food sensitivity or pre-diabetes?

Feeling overwhelmed by your efforts to lower your risks for heart disease, diabetes, immune disorders or cancer?

Do you wonder what to make of the explosion of health and weight related information out there?

What are the benefits of nutrition, diet and health counseling by a nurse specialist?

- Licensed health care practitioner familiar with the health risks associated with poor nutrition, sedentary lifestyle, and symptoms of medical illness
- Experienced in working with men, women and youths with obesity, diabetes or pre-diabetes, thyroid or other endocrine dysfunction, metabolic syndrome, cardiovascular disease, IBS or other bowel dysfunction, food allergy or sensitivity, cancer, various conditions related to chronic inflammation; women with postpartum, menopausal or perimenopausal weight gain; athletes who want to optimize their nutrition.
- Therapeutic guidance is targeted to the aspects of your health status which show signs of being affected or potentially affected by your current diet and lifestyle
- Evaluation for health conditions which may be affecting your ability to lose weight
- Collaboration with health care practitioners involved in your care with education regarding the relevance of medical diagnoses, laboratory tests and biometric measurements
- Recommendations based on up-to-date medical and nutritional health and fitness research
- Individual and group counseling options incorporate behavioral therapy with health, nutrition, exercise and lifestyle advice, for ongoing support and education facilitating lasting lifestyle modifications.
- Effectively, I offer people the opportunity to be accountable for change.

For more information or to schedule a complimentary 30 minute telephone consultation:

GladHealth.com

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