



Frequently Asked Questions

Why is your nutrition-counseling program different from most doctors, personal trainers, commercial weight loss programs and other nutritionists?

1. We use proprietary software and a metabolic analyzer to assess each client's metabolic needs and develop a custom sliding scale program based on your metabolic needs, activity level, lean body mass and food preferences.
2. **We do not sell packaged food, products or medications.** We specialize in teaching clients how to work with different foods and the science behind nutrition.
3. The program was created by a nutritionist with 30 years of clinical experience.

What will I learn during this program?

- ✓ We will teach you how to combine specific foods & snacks to decrease appetite, decrease fat synthesis, increase metabolism, increase energy and lose body fat.
- ✓ We will provide support and information regarding your specific health concerns
- ✓ We will teach you about digestion and absorption time of specific foods.
- ✓ You will learn the science behind the nutrition to empower you forever.
- ✓ You will learn specific examples for your nutritional program and then be encouraged to make substitutions later, if you so desire.
- ✓ You will learn how to balance protein, carbohydrate, fat and fiber which can lower your risk for chronic diseases such as cancer, diabetes, heart disease while losing body fat.
- ✓ You will not need to count calories or weigh your food.
- ✓ **You will be taught a system of how to eat for the rest of your life.**

This is a Lifestyle Program, that you will follow forever. This is NOT A Diet!!!

I am always hungry or tired now, will nutritional counseling help me?

Because there is attention to the digestion and absorption time of foods, you will usually notice a decrease in your appetite, cravings, irritability, fatigue and fat synthesis. You should notice more energy, muscle gain, and overall sense of well-being. We encourage you to focus on how you feel with you ingest certain foods and pick the ones that make you feel your best.

I am working out and not seeing results, will nutritional counseling help me?

If you are exercising, you can expect to have better workouts.

If you are not yet exercising, this may be the step you need to get you going.

How many nutritional counselling sessions does it take to see results and understand the program?

A typical client should immediately feel better in their first week. The complete program usually consists of 3 to 4 nutrition sessions to learn how to eat for the rest of your life. We usually meet every week or two. This allows time to absorb the information and APPLY the specific recommendation to your busy life!

Longer programs are available, if necessary.

How much does it cost?

The cost will vary based on how much support you need. The recommended program is 4 weekly sessions for \$495. This includes 2 metabolic tests and a detailed report of your calorie needs, shopping lists, meals plans, and exercise recommendations.

Additionally testing and sessions are available upon request and for an additional charge.

How do I get started?

1. VIEW OUR PERSONAL MESSAGE LIFESTYLE NUTRITION VIDEO
2. Please Print and Complete the New Patient Questionnaire and 1 Day Food record.
3. Call 970-259-0701 to set up a nutritional consultation.