

Reducing Barriers to Introducing Credible Nutrition Counseling for Women's Health Issues

PCOS, gestational diabetes, menopause, excessive weight gain during pregnancy, meal plans for lactating women, postpartum weight loss, weight loss and disease prevention

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Why do we need nutrition counselling?

Most of us know diet and exercise are the key to disease prevention and health promotion. Seasoned health care practitioners have long been advising patients to incorporate various lifestyle changes to improve their health but these same health care providers have been slow to provide the education and assistance needed to affect these changes. The time has come to not only make recommendation but to also provide practical advice and guidance to help patient achieve our dietary and lifestyle recommendations.



Office based Lifestyle Nutrition Metabolic Weight Loss & Nutritional Counseling Programs can accommodate most patients requesting nutritional programs for:

PCOS	weight loss, including post partum
Peri-Menopause	metabolic syndrome
Menopause	inflammation
Lactational Meal Plans	gluten free
Vegan	paleo
Mediterranean and more	

How is this program different from other options?

If you choose to work with us, you will learn the recommend intake of carbohydrates, protein and fats based on your age, gender, body mass index, lean body mass, metabolic rate and activity level. We will measure your body mass and total fat which is then used to customize an individual nutritional program for each individual. You will learn to make health choices among the vast array of food options. We will provide shopping lists and sample meal plans that you can reference each day.

Our Lifestyle Nutrition Program is also economical. According to the Center for Science in the Public Interest (CSPI) it costs the average American \$1,400 to lose 20 pounds of weight. If you include the cost of packaged foods, meal replacements, and diet supplement that are often used, the cost can reach upwards of

\$4,600 to lose 20 lbs. Some patients choose to use diet pills which also add to the cost of losing weight and maintain your health. In contrast to our program, most of these programs not supervised by a physician and are associated with a high rate of relapse because patients are not learning the skills they need to make healthy food choices in their everyday lives.

Patients are craving a program that is simple, specific, backed by science and provides the lifestyle education for long term success. Each meal plan includes recommendations on carbohydrate for glucose and energy, protein for muscle anabolism, and healthy fat to fight inflammation and create satiety. This approach, along with exercise, can help decrease insulin resistance, diabetes, hyperlipidemias, cardiac and cancer risk factors.

This approach significantly decreases hunger, appetite, and fatigue. Clients are substantially more motivated and receptive to learn how to properly balance their blood sugars rather than just counting calories or dieting. Having patients focus on managing their blood sugars, without having to count calories, carbs, food groups or providing unnecessary food restrictions has been shown to be a positive rewarding experience that patients embrace.

By providing patients with foods, to incrementally and strategically incorporate into their hectic lifestyles on a weekly or bi-monthly basis, combined with ongoing education, patients are more receptive and achieve greater compliance than generic diet sheets, carb or fat gram counting, food groups or food pyramids which have been commonly used in the past for nutritional counseling. Our Lifestyle counseling program, based on eating real food in real settings, is significantly less expensive and vastly more sustainable.

ABOUT THE AUTHOR



Christopher Fuzy, MS, RD, LD is the Founder and President of Lifestyle Nutrition Inc. He has private offices in Fort Lauderdale and Boca Raton, Florida where he has practiced Nutrition Counseling for 20 years. He has a Master's Degree in Clinical Dietetics & Sports Nutrition. Chris completed clinicals in the Texas Medical Center, Houston and was the Chief Clinical Dietitian at Plantation General Hospital. He has trained over 900 physicians nationwide with the Lifestyle Nutrition Counseling Program in the past 24 years.