

Do you need help with your...

Prediabetes

Diabetes

Kidney Disease

Weight Management

Gut Health

Thyroid Disorders

Cancer

General Health and Healthy Aging

Registered Dietitian (RD) and Certified Diabetes Care and Education Specialist (CDCES) that will help you make sustainable lifestyle changes beginning at age 15 years old to adult.

Accept Private Health Insurances-Aetna & CareFirst BCBS

Your telehealth counseling session will consist of an individual 1-Hour Initial Medical Nutrition Therapy (MNT) scheduled appointment for your nutrition and/or diabetes journey. Immediately following this scheduled appointment, an individual 1-Hour Follow-Up Medical Nutrition Therapy (MNT) can be scheduled to keep the conversation and progress going. Book your FREE 15-minute Discovery Call package to learn more details.

MNT is an Effective Solution

MNT has been shown to be a cost-effective component of treatment for obesity, diabetes, hypertension, dyslipidemia, HIV infection, unintended weight loss in older adults and other chronic conditions.³¹⁻³⁴ Counseling provided by an RD/RDN as part of a health care team can positively impact weight, blood pressure, blood lipids and blood sugar control.^{35,36}

References

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