



The Integrative Medicine Clinics Lifestyle Nutrition

Feel your best every day, at every age. At The Edward-Elmhurst Health Integrative Medicine Clinics we address your mind, body and spirit to assist you in living a better life now!

What is a Lifestyle Nutritionist?

A Lifestyle Nutritionist emphasizes healthy lifestyles, recognizing that nutrition is one of the foundations of better health. The nutritionist empowers and educates patients to bridge the gap between recommendations and successfully implementing them into their daily lives. Lifestyle Nutrition can address chronic issues which include gut health, weight loss, hormonal imbalances, diabetes, high cholesterol, pain, skin issues and others.

How does Lifestyle Nutrition work?

- Lifestyle Nutrition works with the whole person, taking the time to listen to a person's concerns while asking powerful questions to help tailor their treatment recommendations.
- It can help patients incorporate recommendations into their lives by keeping them involved and highly educated.
- It creates accountability and helps identify obstacles to change by creating strategies to overcome them.
- Addresses the determinants of health (nutrition, hydration, stress, sleep, environment, mental/emotional, exercise, etc) to implement optimal healing conditions and better daily lifestyles.
- With nutrition being a major key factor in determining one's health, lifestyle nutrition individualizes a person's food choices, by recognizing and eliminating inflammatory foods and food sensitivities, the health state of the gut microbiome, the emphasis of healthy fats and adequate amounts of protein (from both meat and plant sources), and the undoubted need of vegetables and fruits.

What does it cost?

The initial consultation is \$90 for an hour appointment. Follow up consultations can be 1 hour for \$90 or 30 minutes for \$60. If your insurance covers medical nutrition, you will need your medical doctor to provide a referral prior the appointment. (Prices subject to change. Number of sessions tailored to your needs.)

Where do I begin?

Please call the Integrative Medicine Clinic at **(331) 221-6135** to make an appointment.

[EEHealth.org/services/integrative-medicine](https://www.ehealth.org/services/integrative-medicine)

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