



Every Body's Nutrition and Wellness

# NUTRITION COUNSELING

In Person & Virtual Appointments  
Available!



**At Every Body's Nutrition and Wellness, I provide personalized nutrition counseling to support your health and well-being. With attentive and compassionate care, I'll help you create a tailored treatment plan that aligns with your goals for a healthier, happier you.**


- ◆ **Weight Management**
- ◆ **Diabetes/Pre-diabetes**
- ◆ **High Cholesterol**
- ◆ **High Blood Pressure**
- ◆ **PCOS**
- ◆ **Cancer**
- ◆ **Menopause**
- ◆ **Fatty Liver**
- ◆ **Thyroid Disorders**
- ◆ **Osteoporosis**
- ◆ **Heart Diseases**
- ◆ **Healthy Eating/Lifestyle**


*Insurances Accepted: Cigna, Aetna, United HealthCare,  
and Anthem Blue Cross Blue Shield*

## CONTACT INFORMATION

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