

Personalized Nutrition Assessment

If there was one diet for everyone and it really worked, wouldn't you have heard about it or tried it by now? The same is true if there were one or two or three magic foods. If calorie in and calorie out was the secret, you would have reached your goal already.

Why is it that some people can eat mostly vegetarian and feel great and others feel awful doing so? Some can eat more "carbs" than others. And so on and so on.

How could this be? The reason is simple. Different people need different kinds of foods; one person's nourishment is another's poison. The trick is to discover what works for your body's biochemistry.

This is where Personalized Nutrition Assessments come in.

Along with some simple, but not often used, conventional blood tests I will request your physician to order, there are other simple in-office assessments that will help me help you find your way to better health and wellness and a more efficient metabolism.

Of course, lifestyle enters into this and do personalized exercise recommendations, sleep quality, hormonal health, etc. To read further, please open the "Weight Management - - Not Weight Loss" PDF in the [Practice Information Section](#) of my website. A Personalized Nutrition Assessment combined with all of these other factors and with the help, in needed and wanted, or hypnotherapy, acupuncture, and behavioral therapy, can bring you a long way to your goals.

By itself or as part of the comprehensive program, a Personalized Nutrition Assessment may take between 1 and 1/2 and 2 hours. The fee is \$150.