

Eat healthy. Live well.
Feel better.

We can teach you how to eat a healthy diet for your specific needs, provide tips for a healthier lifestyle, offer tips for meal planning, recipes and sample menus.



Get the help you need without leaving home! Our virtual telehealth platform offers face to face video or telephone consults.

Sessions & Pricing
Sessions include time with your personal RDN to individualize your nutrition plan, and written materials based on your unique needs.

The initial session is about 45 minutes, and each follow up session is about 15-30 minutes.

Please visit our website for payment options and learn how to sign up for your nutrition consult.

Contact us for an appointment today!

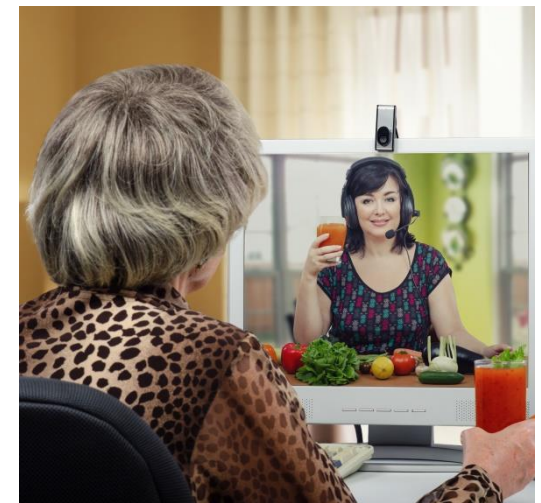
nutritionconsult@beckydorner.com

Or call 1-800-342-0285 (x 251)

Nutrition Consult

We help people:
Eat healthy. Live well. Feel better.

Improve your health and your life through the transformational power of food and nutrition!





Nutrition Consult Medical Nutrition Therapy

- Do you want to manage your weight? Cholesterol? Blood pressure? Blood sugar? Do you need to eat a healthier diet?
- Did your doctor tell you to change your diet ?
- Do you need nutrition help for an elderly parent?
- We can help with science based nutrition education and individualized medical nutrition therapy.

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Your Personal Nutritionist – At Your Fingertips!

Our caring, skilled and knowledgeable registered dietitian nutritionists (RDNs) are here to help you achieve your health goals!



It's quick and easy!

Consult your RDN in person or from the comfort of your home or office using our virtual telehealth platform (video or telephone conference).

We can help you with:

- Weight loss or gain
- High blood pressure
- High cholesterol/lipids
- Heart disease, heart attack or heart failure
- Diabetes
- Malnutrition
- Dysphagia
- Kidney disease / dialysis
- Other disease / condition
- Food allergy / intolerance
- Healthy eating: meal planning, recipes and/or sample menus
- Referral from a doctor or nurse practitioner