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# Nutrition Counseling

## at Tai Sophia Institute's NATURAL CARE CENTER

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Food can be powerful medicine, affecting your overall health and vitality as well as every function of your body. In fact, what you eat and drink literally becomes the very substance of your body. Whole foods, eaten and prepared properly, can effect profound changes in mind, body, and spirit.

The licensed nutritionists at Tai Sophia Institute's Natural Care Center recognize that your nutritional requirements are unique, and they will customize a nutritional regimen that is suited to your particular needs. Potential benefits of nutrition counseling include:

- An increased sense of well-being and vitality
- Enhanced resilience of mind and body
- Feeling empowered to care for your own health, using food as medicine
- Mindfulness about hunger and satiety
- Increased ease with meal planning and food preparation
- Becoming better able to sustain a healthy lifestyle

**For more information** or to schedule an appointment, call the NATURAL CARE CENTER at 410-888-9048 ext. 6614

Learn more about any of our services by scheduling a FREE 15-minute consultation.

### **Nutrition Counseling and Services**

#### **Initial Consultation: 90 minutes**

Your practitioner will gather information about your health and personal history, review your dietary preferences and health concerns, and assess your nutritional status. Together with your nutritionist, you will craft a personalized nutrition plan to start you on your path to greater health and vitality.

#### **Follow-up Consultations: 45 minutes**

Follow-up visits will support and guide you towards optimal nutrition and help you achieve your health and wellness goals.

#### **One-on-One Grocery Store Tour: 60 minutes**

Tour a local grocery store with your nutritionist and learn how to navigate any store well, making wise purchases no matter where you shop. During your tour, your nutritionist will show you how to:

- Evaluate product labels and ingredients,
- Quickly and easily select healthful foods using a few simple rules, and
- Create a balanced diet for a week.



**Tai Sophia Institute**

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### **About the NATURAL CARE CENTER**

At Tai Sophia Institute's Natural Care Center our practitioners partner with you to bring forth the extraordinary wisdom and vitality of the human body to help you heal and empower you to live fully, grow stronger, and be all that you can be. We've been bringing out the best in our clients for over 35 years.

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