

Nutritional Counselling

Eating can be complex. There is a lot of information out there regarding nutrition which can be overwhelming. Working with your naturopathic doctor can help you find out what is best for you, your lifestyle and your health condition(s).

Who can benefit from nutritional counselling?

If you experience any of the following symptoms or have been diagnosed with the following conditions, you may find nutritional counselling beneficial:

- Gas, bloating & pain
- Diarrhea &/or constipation
- Acid reflux / heartburn
- Irritable bowel syndrome (IBS)
- Ulcerative colitis or Chron's disease
- Weight management
- Acne, eczema or psoriasis
- Joint pain or arthritis
- Anxiety or depression
- Low energy / fatigue
- Weak immunity
- Diabetes or heart disease
- Maintenance of good health & prevention



What does it involve?

The goal is to increase the variety of foods you eat while also taking into account your limits and lifestyle. Nutritional counselling will provide you with easy and sustainable recommendations to maximize the nutrition and health benefits that you receive from food.

- Setting individualized nutritional goals
- Tracking what you eat and your symptoms
- Weekly check-ins (by phone or in person)
- Specific recommendations and/or recipes, as required

How much does it cost?

- A 30-minute consult with Dr. Ann-Marie Regina, ND is \$60. Most people will require between three and five visits to achieve sustainable changes.
- Treatments are covered by most extended health coverage under Naturopathy

Where can I get more information on nutritional counselling?

- Contact Dr. Ann-Marie Regina, ND at aregina@naturopathicfoundations.ca or 905-940-2727



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