

Congratulations, you have made a commitment to improve your health through nutrition and lifestyle management.

Your appointment is scheduled for: _____ **at** _____

This is not a one size fits all approach—what may work for you may not work for the next person so it is my goal to understand your needs, your personality and your body make-up in order to offer realistic and personal solutions to your nutrition and health concerns. Please visit my website at www.EdibleNutrition.com and www.EdibleNutrition.blogspot.com for more information about my background, philosophy of wellness, and culinary approach.

Changing your lifestyle is a process that cannot be accomplished in one visit. Here is what you can expect:

Initial session:

Food and lifestyle assessment and evaluation of current laboratory work, along with goal setting.....\$100.00

Subsequent sessions: Formulation of food, exercise and stress management plan, review of goals and objectives, evaluation of follow up laboratory work, dietary supplements that can work best for you and further information including re-direction of eating behaviors.....\$70.00

Following our appointment I will provide you with your established mini-goals to work towards your nutrition plan. You will also receive a SUPERBILL to submit as a claim to insurance. Some insurance companies provide some coverage for Medical Nutrition Therapy (MNT). Your physician will receive a full report on what your goals and expectations are so that we are able to provide you with the most comprehensive care. Please note, I am not a Medicare provider. If you use Medicare as your primary insurance, and would like to meet with a dietitian who is a provider I can assist you.

Remember to bring any recent laboratory work you have had done, supplements, and medications you are currently taking. I am looking forward to helping you reach the nutrition goals you desire, and achieve an overall sense of wellness through food and nutrition.

Location: San Diego Firefighter Wellness Center (adjacent to the Sports Medicine Clinic)
6699 Alvarado Rd Suite 101, San Diego, CA 92120

Sincerely,

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