



Nutrition Therapy & Counseling

You are what you eat.
Cherish your health.

Nutrition Therapy is an in-depth inquiry into dietary lifestyle and food consciousness. Our nutritionist at Wheel of Wellbeing explores an individual's health on a fundamental level, then delves deeper into mind-body-emotional connections in daily food patterns. Nutrition therapy sessions implement specific whole food items that support optimum healing and behavior modification techniques to minimize food behaviors that are less than ideal. With over 100 different dietary theories, our nutritionist determines what you need via non-invasive, yet very powerful methods.

Nutrition Therapy... a natural choice.

Our nutrition therapist works with many types of issues both acute and chronic:

- Digestive Disorders-IBS, Chron's disease, candida, acid reflux, constipation
- Women's Health-menopause, PMS, PCOS, hormonal balancing
- Mood Disorders-depression and anxiety
- Weight Concerns-eating disorders, weight loss, metabolic healing
 - Food Allergies and Sensitivities
- Blood Sugar Issues-diabetes, hypoglycemia
 - Pre and post-operative healing

The Wheel of Well Being is proud to offer the following services:

Healthy Aging Program
Beautiful Skin Program
Weight Loss Program
Healing before and after surgery

A healthy life requires your attention!



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