

# Nutrition Consultations

*Receive practical tips from our nutritionist which consider your health conditions, dietary preferences, and lifestyle*

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Nutrition counseling and health coaching can help you achieve your health goals! Step-by-step, we will work on developing individualized tools and healthy habits relating to nutrition, sleep, stress, energy, digestion, and any other factors that influence your well-being. At the end of each session, you will leave with clear and attainable goals to work on between sessions. While guiding you towards your goals I am here to provide unique insights, support, and motivation and to help you overcome any challenges along the way.

- Implement healthy foods and habits while focusing on balance and flexibility
- Apply your individualized meal plan and supplements recommendations from your health care professionals
- Discover and review supplements and functional foods best for you
- Identify roadblocks that are getting in the way of your success and gain the knowledge, skills, and motivation to overcome them
- Find practical solutions that fit your lifestyle
- Work on optimizing sleep, stress, energy and movement
- Dig deeper with functional medicine testing including stool testing and food allergy and sensitivity testing
- Get support, motivation and accountability with regular email contact

Functional Nutrition can help with: digestive issues, weight loss, energy and fatigue, food sensitivities, autoimmune disorders, diabetes, cardiovascular health, hormone imbalances, heartburn, skin issues, reduce inflammation and improve overall metabolic health and well-being.

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## Talia Adler, RD Functional Nutritionist

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Talia is a Registered Dietitian who graduated and completed her dietetic internship at the University of Northern Colorado. Talia is originally from New York and has spent many years living abroad where she earned a Bachelor's in Psychology. She has many years of experience working in the integrative and functional field with other holistic minded health practitioners such as naturopaths, functional nutritionists and practitioners of Traditional Chinese Medicine.

Talia believes that nutrition can be one of the most powerful tools available to prevent, limit, and treat disease. This approach includes physical and mental health as the body, mind and emotions are inextricably connected. While searching for natural ways to improve her own health, she was introduced to the world of functional nutrition and other natural therapies such as herbal medicine, mindfulness practices and nature therapy. Through nutrition counselling and holistic health coaching, she has made it her mission to help others heal just as she has.