

PREVENTION & HEALING SERVICES

Comprehensive Personalized Medical Nutrition Care for prevention and management of a wide range of health issues including:

- Cognitive decline and neurodegenerative disease
- GI disorders (Crohn's, Irritable Bowel Syndrome (IBS), chronic constipation, ulcers, GERD, colitis, diverticulosis, food allergies/sensitivities, SIBO, other undiagnosed digestive distress)
- Diabetes, insulin resistance, metabolic syndrome, polycystic ovary syndrome (PCOS)
- Cardiovascular disease
- Auto-immune conditions (Lupus, rheumatoid arthritis, type I diabetes, MS, Graves)
- Immune disorders (Chronic fatigue, allergies, fibromyalgia, Epstein Barr, Candida, HIV, Covid)
- Musculo-skeletal issues: Osteoporosis, arthritis
- Cancer (prevention, re-building immune system after treatment)
- Histamine intolerance/Mast Cell Activation
- Interstitial Cystitis and Vulvadynia
- Hormone imbalances (menopause, andropause, thyroid)

Nutrition Programs Personalized for You:

Neuronutrition and Brain Health

At any age, the right diet and supplements will boost concentration, enhance memory, reduce risk of age-related degeneration, and improve overall cognitive performance and state of mind. As a ReCODE certified nutritionist, Dana will work with your physician and care team to support you with nutrition and lifestyle guidelines tailored to your individual health and risk factors.

Digestive Health

If you suffer from Crohn's, Irritable Bowel Syndrome (IBS), chronic constipation, ulcers, gastroesophageal reflux disease (GERD), colitis, diverticulosis, food allergies/sensitivities, or any other undiagnosed form of digestive distress, Dana will provide a detailed eating and supplement program tailored to your specific issues and lifestyle.

Optimal Health, Prevention and Longevity

If you are generally healthy but concerned that you may not be eating as well as you could, discover how simple changes in diet, supplements and exercise can enhance energy, immune system function, and general well-being while minimizing risk of degenerative disease.

Menopause

The right diet, regular exercise, and targeted supplements will minimize symptoms, protect the heart, bones, and cognitive function — whether or not you use hormone replacement therapy.

Optimal Weight and Fitness

A personalized program based on your individual metabolic profile, weight history, lifestyle and health issues because optimal weight and fitness form the foundation for prevention and treatment of chronic disease. Dana will coach you on which foods are right for you, how to prepare them or where to find them, and how to stay motivated to achieve your goal.

Carbohydrate Addiction and Blood Sugar Control

Learn to tame your cravings, control your weight, prevent and treat insulin resistance, diabetes, Polycystic Ovary Syndrome (PCOS), and improve your overall health.

Beauty from the Inside Out

An individualized eating, supplement and exercise plan for beautiful skin, lustrous hair, strong nails and to help prevent and even reverse many signs of aging.

Vitamin/Supplement Review

Should you take supplements? If so, which ones? Dana will do a comprehensive evaluation of your nutrient needs and outline a safe, balanced, and effective program for you – for prevention or healing.