

Nutrition Counseling

Using the "Trans Theoretical Theory" (SMART Method) to assess stages of change, the individual will be empowered to connect the dots of healthy habits by analyzing Self-Care behaviors. (Small steps towards change.) In conjunction with the AADE7 Self-Care behaviors.

Therapies	Overview	Benefit
Spiritual Awareness	Tools empowering you to self search and relaxation response techniques by Herbert Benson. We use a soul searching tool to strengthen weaknesses.	Spiritual Empowerment
Behavior	Examining lifestyle patterns, identifying small steps toward change, maintaining ownership and accountability for your lifestyle change.	Self-awareness and Lifestyle Changes
Meal Planning	Identifying nutrients within foods and how well they help your body; Identifying with your body's functions as they relate to diet and disease; Identifying food that you like and developing balanced meal plans.	Healthier Eating Habits, Food Awareness, and Disease Prevention
Physical Awareness	Integrating fitness into your busy schedule; examining the benefits that last your lifetime; and identifying family fun time activities that encourage patterns of healthy lifestyle growth and development.	Physical Empowerment to live your best life.