

Bring the Joy Back into Eating

Nutrition Counseling for:

- Eating Disorders
- Disordered Eating
- Intuitive Eating
- Adolescent and childhood nutrition
- Food anxiety
- Weight management with a Non-diet and HAES approach
- Sports nutrition
- Diabetes, prediabetes, GI nutrition concerns



Thank you
Ashburn for
Voting me
Best Nutrition
Specialist!



Be Healthy Nutrition Consulting
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