

Lifestyle Nutrition's Counseling Program®

Patients Who Qualify For Nutritional Counseling

Disease Management, Anti-Aging and Wellness

We provide the conventional and alternative eating guidelines **AND** nutritional supplement recommendations (*OPTIONAL*) for these concerns and many more – with peer reviewed references.

Long Term Weight Loss

Diabetes, Pre Diabetes,
Metabolic Syndrome,
Hunger Management,
Hypoglycemia

Arthritis, Pain Management

Digestive Problems,
GERD, IBS, Colitis

Fatty Liver Disease
Gout, Hepatitis B & C

Hypothyroid

Malnutrition/Weight Gain,
Cancer, Chemotherapy

Cancer Prevention

Coronary Disease
High Blood Pressure
High Lipids

Sports Nutrition, Weight Gain

Menopause, PCOS,
Lactational Meal Plan,
Excessive Weight
Gain During Pregnancy

Chronic Fatigue, Fibromyalgia,
Compromised Immune Function

Poor Eating Habits

Corporate Wellness,
Spa & Health Club Clients

***It's a Lifestyle...
Not a Diet!®***



Christopher Fuzy MS, RD, LD and assistant performing a metabolic assessment.