

# Maximize Your Health

*Branzy*  
Nutrition Counseling

## The Benefits of Working With a Dietitian

Working with a dietitian can make a big difference in reaching your health goals. Dietitians are experts in nutrition, so they can help you make informed choices that support your unique needs. They take a personalized approach, offering practical advice and strategies tailored to your lifestyle, preferences, and health goals. Whether you're dealing with diabetes, digestive issues, or simply want to feel better day-to-day, a dietitian can guide you every step of the way.

### Eating Disorders

- Restoring healthy eating patterns
- Addressing nutritional deficiencies
- Building a positive relationship with food
- Support long-term recovery

### Diabetes

- Improved blood sugar control
- Weight management
- Meal planning
- Support medication management
- Education on food choices

### PCOS

- Balanced blood sugar levels
- Nutritional guidance for hormonal balance
- Improving fertility
- Reducing inflammation
- Support weight management

### Thyroid Disease

- Optimize thyroid function
- Address nutritional deficiencies
- Supporting energy/Reducing fatigue
- Managing symptoms

### Allergies/ Intolerances

- Avoiding cross contamination
- Identifying hidden sources of allergens
- Meeting nutritional needs
- Improved digestive health

### Athletes

- Optimizing performance
- Supporting recovery
- Preventing deficiencies
- Optimizing body composition
- Hydration strategies
- Preventing injuries

### Neurodivergent

- Improving cognitive function/focus
- Addressing sensory sensitivities
- Supporting gut health and digestion
- Improving sleep patterns

### LGBTQIA+

- Support mental health
- Support body image/gender dysphoria
- Navigating dietary needs during transition
- Addressing risk for certain health conditions

