

Kindred Nutrition our women CARE about all women

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C ollabrative team approaches

A ssessments & Accountability

R ealistic Approaches

E mpathy

Women's health is complicated and sometimes pushed to the bottom of the barrel as we put everyone's needs before ours. In addition, our bodies change dramatically through all the stages of life. It's important to work with someone who can listen, assess, and treat. Our program focuses on taking care of our women by paying constant attention to the following:

Collaborative Team Approaches

Whether you are pre-pubescent, thinking of pregnancy, currently pregnant, starting menopause, or finishing menopause your body is changing. In addition to the physical changes you have hormonal changes that can affect weight, stress, and fatigue. The dietitian's at Kindred Nutrition will always collaborate with your PCP, OB, gynecologist and endocrinologist to ensure we have the best treatment plan in place.

Assessments and Accountability

We are registered dietitians and are trained to individually assess our clients. No two individuals are alike so you can expect a professional assessment that includes discussions of current lifestyles, nutrition, and exercise in combination with diagnostic testing such as Resting Metabolic Rates, Specific Labs requests, or Body Fat Measurements. Once a plan is discussed and agreed upon we will meet routinely to assess results, tweak plans, and provide accountability. You deserve it!

Realistic Approaches

We get it. We are women. We are mothers. We are wives. We have careers. Our approach is a team effort and is very interactive. We discuss ideas, agree upon goals and define strategies that fit into your lifestyle. If our recommendations aren't realistic we know how difficult it is to comply. We want to set you up for success.

Empathy

Empathy is defined as the ability to understand and share the feelings of others. We've been there. We care about your success and will help you achieve it. We'll help advocate for your care and get you the treatment you need. We look forward to earning your trust.

Diagnoses and conditions we work with for Women's health: PCOS, Thyroid Conditions (Hyper, Hypo, Hoshimoto's, and GRAVES), Pre Diabetes, Weight Management, Pre-pregnancy, Pregnancy, Post Pregnancy Nutrition, Peri Menopause, Menopausal nutrition.