

What can I expect during the initial visit (continued)?

The Interview: We will discuss your health concerns, look at your health history and gather relevant information.

Food Journal: We will look at your food journal and discuss your goals for your diet. I will provide suggestions, information and resources.

Nutrition Assessment Questionnaire (NAQ): We will discuss the results of the NAQ.

Functional Evaluation: This is a hands-on non-invasive evaluation to further identify areas of nutritional strength and weakness.

Lingual Neural Testing: The second phase of the functional evaluation tests which nutrients, foods or herbs will most quickly address the health imbalances.

Personalized Nutrition Plan: After the assessment is complete, I will recommend a personalized nutrition program and together we will agree on a plan that works for you.

Follow-up Sessions: These sessions are vital to assess and monitor your progress while making adjustments as needed.



How do I prepare for a nutritional therapy session?

Before the appointment:

- Complete and return the interview form, food journal and assessment questionnaire to me.
- Write down and consider your priority health issues.
- Look over the frequently asked questions (FAQ's) on my website or ask for an electronic or hard copy of these FAQ's.

Day of:

- Wear loose comfortable clothing.
- Do not eat 30 minutes before the appointment.
- Bring bottled water with you if possible.
- Bring appointment book to schedule future sessions.
- Bring any supplements you are currently taking.
- Bring check or cash as payment.

Let's talk and discuss your path to health!



Pathways for Health, LLC

Holistic Nutritional Counseling and Therapy



Meeting you on your journey to wellness and guiding you on your pathway to health

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About Nutritional Therapy



Welcome to Pathways for Health, LLC - holistic nutritional therapy and counseling!

As your coach, guide and consultant, my goal is to see you gain knowledge and acquire the information that you need to achieve optimal health in a positive, supportive and confidential environment.

Nutritional therapy is an important part of a wellness strategy as well as a therapeutic approach to addressing specific health concerns. I look forward to assisting you on your path to health.

Let's celebrate the healing power of real, whole foods!

Ellen Syversen has a Masters Degree in Public Health from Tulane University School of Public Health and over 10 years of experience as a certified health educator. Combined with her training as a Nutritional Therapy Practitioner, she offers clients holistic nutrition counseling, therapy and education with the goal of correcting imbalances in body chemistry, and achieving optimal wellness naturally.



What is nutritional therapy?

Nutritional therapy uses an assessment process to identify imbalances in body chemistry. These imbalances or nutritional deficiencies are corrected through diet, lifestyle changes and targeted nutrients. ***Nutritional therapists do not diagnose or treat disease, but work to correct imbalances with the goal of gently guiding individuals back on the path to health.***

The comprehensive assessment process provides a visual picture in graphic format of an individual's areas of strength and weakness in the realm of diet, digestion, blood sugar regulation, essential fatty acids, minerals, and hydration. ***These six areas are the foundations of nutritional therapy.***

Imbalances in the foundations can cause further imbalances with endocrine function, immune function and the cardiovascular and detoxification systems of the body. ***The first step in nutritional therapy is to address the six foundations and work towards correcting imbalances so that your body can run more efficiently and function better.*** A balanced body will reward you with more energy, a sound night's sleep, resistance to illness and a better quality of life.

Who could benefit?

Here are some of the many possible examples of who could benefit from nutritional therapy:

- Anyone with blood sugar issues,
- Those with digestive symptoms,
- Anyone interested in a diet based on real, whole foods,
- Anyone who suffers with general fatigue, loss of energy, headaches, skin problems, frequent colds and infections, stress, insomnia, depression or hyperactivity,
- Individuals who suspect a food sensitivity,
- Persons interested in maintaining a healthy weight,
- Couples contemplating starting a family or those with fertility issues,
- Persons who have endocrine system challenges,
- Those plagued by allergies or asthma, and
- Those interested in preparing for a detoxification program.

What can I expect during a visit?

The initial visit/assessment can take between 2 to 3 hours and is often broken down into two appointments. You can expect the following during the initial visit: