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Specialties	Weight management Renal nutrition
Insurance Accepted	Cigna Aetna Medicare Part B of Florida Optum Physical Health: Health Allies - Discount Plan Out-of-Network
Availability by State	Florida Georgia
Services Offered and Modality	<p>Telehealth/Virtual Visits ONLY.</p> <p>Nutrition coaching includes weekly or biweekly check-in sessions and open daily communication with the dietitian-nutritionist (via text and/or email).</p> <p>Clients receive access to PERSONALIZED meal plans and recipes (based on their specific calorie, macronutrient, and micronutrient needs) and have the option to get an at-home nutrient testing kit (omega-3, vitamin D, vitamin B12, and/or hemoglobin A1C).</p> <p>Get 1 month of personalized nutrition coaching FREE when you book 6 months!</p> <p>This program is reserved for clients who are committed to changing their lives for the better. Ongoing coaching and follow-up are the keys to ensuring lifelong success.</p>

Professional Bio

I completed my graduate studies at the University of North Florida (UNF), earning a Master's of Science while also completing the 1200-hour supervised practice dietetic internship. Additionally, I hold a Bachelor's degree in psychology from the University of Central Florida (UCF) and a Bachelor's degree in nutrition/dietetics from UNF.

My practice is dedicated to assisting individuals managing chronic kidney disease (CKD) or seeking support for weight management (loss or gain). My goal is to help these individuals optimize their nutrition without feeling restricted, enabling them to improve their strength and gain confidence in their eating habits.

My main areas of interest in the field of nutrition include renal nutrition therapy, nutrition counseling, nutrition support (enteral and parenteral), weight management, and sports nutrition.