

Name	Penelope Taylor
Credentials	MS, RDN, LD
Email	penelope@stellarhealthnutrition.com
Phone Number	(301) 304-7858
Address	411 Chestnut , Suite 201, Wilmington, NC, 28401
Professional Links	https://www.stellarhealthnutrition.com/
Specialties	Chronic kidney disease, kidney stones, diabetes, disordered eating patterns.
Insurance Accepted	Blue Cross Blue Shield, Cigna
Availability by State	NC, MD, DC, VA
Services Offered and Modality	Private practice, telehealth available
Professional Bio	<p>Penelope is a Registered Dietitian-Nutritionist based in Maryland, Washington, D.C, and Wilmington, NC. She holds a Master of Science degree in Human Nutrition from the University of Alabama. A proud veteran of the United States Air Force, she gained her clinical hours at the Memphis Veteran's Affairs Medical Center.</p> <p>Penelope excels in helping clients find their own best nutrition path - a path that will work for them, specifically. She has seen first-hand how good nutrition works wonders on both physical and mental health, truly transforming lives. She believes firmly that it is never too late to make positive changes in one's health and relationship with food.</p> <p>Professional Memberships</p> <p>International Society for Nutritional Psychiatry Research</p> <p>Behavioral Health Nutrition Dietetic Practice Group</p> <p>Renal Dietitians Practice Group</p> <p>American Diabetes Association</p>