

Name: Wendy Roberts, RDN, LDN

Email: wendywinkleman@gmail.com

Phone Number: (404) 808-8268

Address: 4201 Deerwood Pkwy SE, , Smyrna, GA, 30082

Professional Links: <https://wendy-roberts.clientsecure.me/>

Specialties: Diabetes, Renal, Weight management, Integrative and Functional Nutrition, GI diseases and disorders

Insurance Accepted: Medicare, Cigna

Availability by State: GA

Services Offered and Modality: Telehealth

Professional Bio:

University of Florida, Food Science and Human Nutrition degree with Dietetics Specialization. Dietetic Internship at Southern Regional Medical Center in Atlanta, GA with a clinical emphasis. Worked with Women, Infants and Children for Health Dept to educate, counsel and provide food vouchers. Practiced nutrition therapy at Ridgeview institute on Women's Unit with Eating disorders, promoting intuitive eating, and conducting groups and individual counseling. Worked as a Health Coach Dietitian for Aetna, providing individual nutrition counseling for disease management and a variety of needs including weight management. Wellness Dietitian for large company, nutrition analysis, created menus for online nutrition program, Q and A with Dietitian and multiple articles written. Current focus is on integrative and functional nutrition. I especially love working with autoimmune disease, chronic illnesses, food allergies and intolerances, weight management (loss or gain), intuitive eating, improving your relationship with food, elimination diets, ketogenic, elimination, paleo, anti-inflammatory, vegan, whole food plant-based, and detoxification. Eating well is such an important part of self-care. We can work on mindful eating to increase enjoyment and improve digestion. Setting small goals instead of making extreme changes is the gentle approach that I use. We will work together to create steps to improve your health. I now accept Cigna and Medicare part B.