



Confidently Nourished

About Us

We are a team of Intuitive Eating and HAES-aligned Registered Dietitians committed to helping our clients heal their relationship with food and make peace with the body they are in.



Services

Our practice provides 1-1 nutrition counseling and nutrition support. Areas we specialize in include:

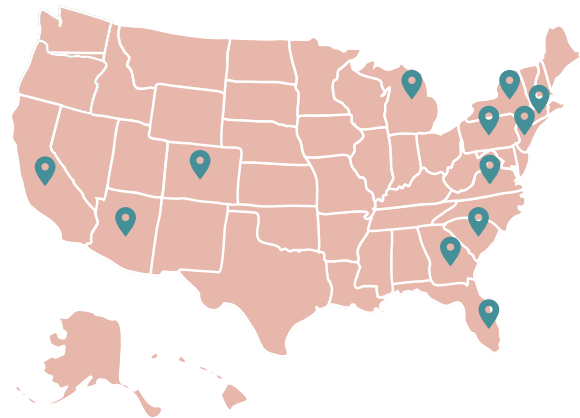
- eating disorders
- disordered eating
- body image coaching
- weight inclusive care for chronic conditions

Payment

We accept private pay, HSAs, and FSAs. Our practice offers superbills, and a sliding scale options for clients who need financial help. For insurance options, we are currently accepting Aetna and UnitedHealthcare.





States We Serve

We are a fully virtual practice covering 12 different states.



- Georgia
- Connecticut
- Pennsylvania
- Florida
- New York
- New Jersey
- Virginia
- Michigan
- South Carolina
- Colorado
- Arizona
- California

Contact Us!

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