



# RACHEL KNIGHT NUTRITION LLC

LET'S GET STARTED!

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## **Schedule a Free 15-minute Discovery Call**

Email me today at [rachelknightnutrition@gmail.com](mailto:rachelknightnutrition@gmail.com) to set up a free phone or virtual call to discuss any questions regarding my nutrition counseling service!

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## **Initial Consultation**

Your first session will be approximately 75 minutes and center around your medical and health history, dietary history, social and built environment, health barriers, goal setting, and any specific questions you may have at this time.

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## **Nutrition Education, Behavior Change, Supplementation**

During our sessions, I will provide you with education and research findings related to your health condition or goal, supplement recommendations and discounts through Fullscript, and step-by-step guidance in making health behavior changes. Your sessions should end in greater clarity and understanding, not confusion or feeling unsure of what to do next.

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## **Communication, and Support**

I use the platform, Practice Better, that allows for ongoing communication and support. Your client portal will house forms and policies, billing information, resources and handouts, personalized wellness protocols, and diet and lifestyle journaling.

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## **Knowledge, Confidence, and Transformation**

My overall objective as your Dietitian is to expand your knowledge, instill confidence in your ability to make positive and lasting health decisions, and guide you through a lifestyle transformation encompassing various aspects of wellbeing.

# Nutrition Therapy

Here are some examples of conditions I counsel  
and content I may provide

## Health Concern or Condition

- Prenatal, Maternal, Postpartum
- Peri-Menopause, Menopause
- Obesity and Weight Management
- PCOS, Irritable Bowel Syndrome, Food Sensitivities
- Metabolic Syndrome, CVD, Diabetes
- Thyroid Function and Hormones
- Inflammatory Conditions
- Food, Mood, Mind (Anxiety, Depression, "brain fog", attention span)

## Nutrition Practices

These are some examples of dietary approaches that I cover:

- Glycemic index and glycemic load
- Fiber, prebiotics and probiotics
- Nutrient density and nutrient diversity (related to meal combinations and overall intake)
- Dietary inflammation (anti-inflammatory dietary components and foods)
- Food sensitivities (gluten, wheat, dairy, soy, FODMAPs) and challenges
- Dietary omega 6: omega 3 ratio

**\*Now accepting Blue Cross Blue Shield Insurance.**