

## **Appleman Nutrition, LLC**

### **Description:**

I am an experienced Registered Dietitian specializing in the treatment of EDs in adolescent and adult women and men. Through highly individualized counseling, I help each client foster a respectful and healthful relationship with food and her body. I am sensitive to the challenges that present during recovery and I work with each client within her comfort zone. Founded on a non-diet approach, my work emphasizes principles of mindful, intuitive eating while incorporating scientific data from published nutrition and medical research. I practice a team approach to treatment and collaborate regularly with therapists, psychiatrists and physicians to offer the most comprehensive care. Previously, I was the RD for the Renfrew Day Program as well as an ED specialist with Joy Bauer Nutrition. Currently, I am the Nutrition Director of Columbus Park Collaborative, a comprehensive ED treatment center offering evening groups and meal support.

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