

Balanced Nutrition Therapy, LLC

Description:

Rebecca has been working with people with eating disorders for four years. She has experience working with people in Residential, Partial Hospitalization Programs, Intensive Outpatient Programs and in Outpatient Treatment.

She believes in a Non-Diet Approach where all foods can be incorporated into a healthy lifestyle. There is no such thing as a good food or a bad food.

She will guide you in working towards Intuitive Eating and help you learn how to distinguish physical hunger and satiety from emotional cues through consistent meal plans developed for your individual needs and desires.

Rebecca can work with you to reclaim a healthy body image through mindful movement and nourishment.

Country: USA

State: Missouri

City: Fenton

Zip: 63026

Website:

<http://www.Balanced-Nutrition-Therapy.com>