

Eat Well with Gina, LLC

Description:

Eat Well with Gina nutrition counseling and consulting emphasizes a non-diet approach to health that focuses on lifestyle changes, including healthful eating patterns, behavior modification, and physical activity. Gina offers individualized treatment that encourages health and healing. Individuals will work in a non-judgmental environment to learn how to eat mindfully and intuitively, and to choose foods for balance and health to keep their body nourished, energized, and strong. Through individualized nutritional counseling and personalized meal plans, clients will begin to normalize their eating habits and re-learn how to listen to and understand internal cues of hunger and satiety.

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