

## **Allison & Beck and Associates**

### **Description:**

We provide individual consultations to people who struggle with food, weight/body, and chronic disease issues, using a combination of approaches, such as biochemical/physical, energetic, experiential, cognitive therapies, and sacred healing, based on the individual, their issues, beliefs, learning styles, and physical needs. In the first appointment we ask a lot of questions (family history, medical history, weight and dieting history, feelings about food and body and your experiences with them, food preferences, like, dislikes, schedules, knowledge, skill, ect.) to help you and us begin to develop a picture of where and how food fits in for you and where you would like to be. At the end of the first appointment, follow-up tests (metabolic rate, body composition, blood tests) to help us determine more specifically the amounts, types and timing of foods that your body may need. In the second appointment, we become more specific about what, how much, and when to eat, if this approach is

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