

**Kara Fowler, MS, RD/LD, CDE, LMT**

**Description:**

Kara offers nutrition and body-centered therapies to people dealing with eating issues including anorexia, bulimia, binge eating disorder, obesity, orthorexia, and chronic dieting. Kara is a registered and licensed dietitian, certified diabetes educator, licensed massage therapist, and pursuing another graduate degree in Health Psychology. She is trained in the Hakomi method of mind-body therapy and is an Intermediate level student of Somatic Experiencing, a trauma processing model. Kara has a nondieting approach to nutrition, and works with each client to achieve improved health and a more positive relationship with food and their bodies. A team approach is encouraged. Office location is in Round Rock, just north of Austin. Please call for a free 15 minute phone evaluation.

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City:

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