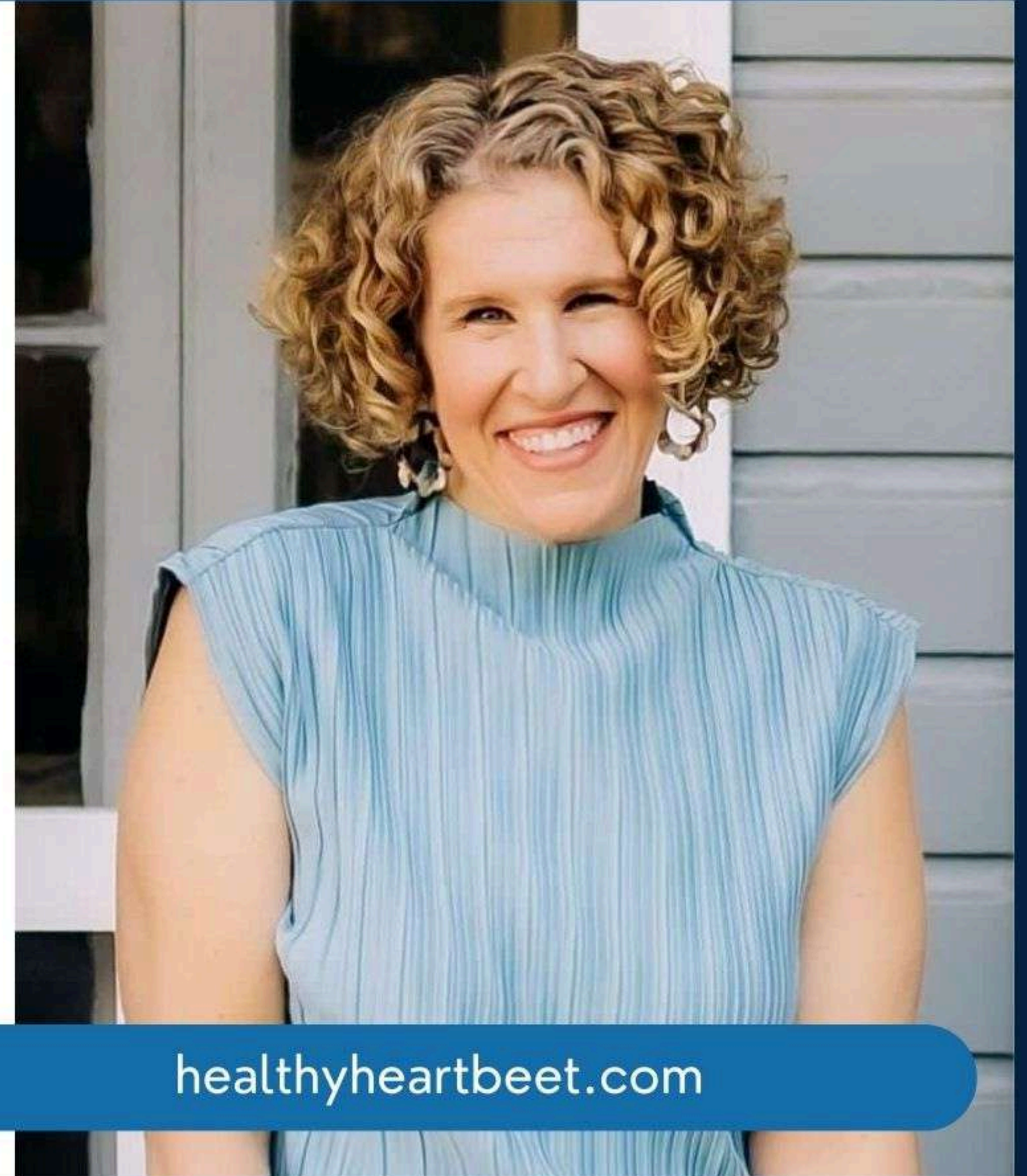


# TRANSFORMING HEALTH WITH FUNCTIONAL NUTRITION: THE **HEALTHY HEARTBEET** APPROACH

*Holistic and Functional Integrative Nutritionist Maryland*

Integrative and holistic nutritionist specializing in celiac disease, food allergies, and IBS. Licensed nutritionist in Maryland offering personalized health solutions.



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## About Lori

I used to be a processed food junkie. I ate sugary cereal for breakfast, white bread sandwiches for lunch and snacked on Swiss Cake Rolls, Doritos, and/or Bugles every day after school. Vegetables at dinner were mostly from a can.

My stomach ached constantly and I suffered from weekly headaches. I was overweight and unhappy. I attended my first Weight Watchers meeting when I was in 6th grade. By the time I started college, I was a lifetime member with an established pattern of yo-yo dieting.

For the first half of my adult years, I went through my days feeling tired, sluggish, guilty, and out of control. I lost and gained the same 20-30 pounds. After the birth of my first child, I was diagnosed with hypothyroidism and then Hashimoto's thyroiditis, an autoimmune disease where your immune system attacks your thyroid. At the same time, my baby girl had some serious gastrological issues and I was told to stop breastfeeding and give her elemental formula. Something inside of me told me that wasn't the right solution. Instead, I took an unconventional approach and eliminated the major allergens from my diet and continued nursing. After a few weeks, every single one of her symptoms went away.





# Nutrition Counseling

**Often we receive good advice that we are unable to follow.**

Our doctor might recommend a lifestyle change or tell us to lose weight and then we are left on our own to figure out how to do it. Or perhaps we know we should eat better and exercise more, but we just can't seem to figure out how to fit it into our busy lives.

Or perhaps we've been struggling with health issues (like brain fog, chronic headaches, consistent GI issues, fatigue, or stubborn skin problems) and want to finally resolve them.

**Here's where I can help.**

Through working with me, I will explore concerns specific to you and discover the tools you need for healing and a lifetime of balance. Through symptom assessment, a nutrition physical examination, lab work analysis, and evaluation of diet and lifestyle, I can identify areas to support nutritional imbalances and insufficiencies.

I customize each protocol to include dietary changes, supplements (if needed) to support digestion and nutrient deficiencies, as well as recommended lifestyle changes. I go at your pace and honor your preferences. While I provide guidance and recommendations based on the scientific literature and clinical experience, each client is different and what works for one may not work for another. Your protocol is personalized to help you tap into your own healing capabilities.





## Comprehensive Services Offered

### Personalized Nutrition Counseling:

- One-Day Breakthrough Session
- 3-Month Program
- 6-Month Program
- Focus on various health issues such as autoimmune conditions, digestive issues, metabolic syndrome, and more





## Specialized Programs for Targeted Health Goals

### "Follow Your Gut" Program:

- Addressing digestive health through tailored nutrition plans
- Strategies for managing conditions like SIBO, IBS, and food sensitivities

### Seasonal Cleanses:

- Detoxifying and rejuvenating the body with season-specific protocols
- Incorporating seasonal, nutrient-dense foods for optimal health

### Corporate Wellness:

- Custom programs designed to improve employee health and productivity
- Workshops and seminars on nutrition, stress management, and healthy lifestyle choices





# Thank You

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