

Comprehensive Nutrition Program



Restoring Hope &
Empowering Change

Services Offered

- Individual nutrition counseling
- Family nutrition counseling
- Medical nutrition therapy
- Specialty program for weight loss surgery patients
- Meal Groups
- Metabolic testing
- Genetic testing
- Corporate wellness



Areas of Expertise

Specialties

- All forms of eating disorders and disordered eating
- Pre- & post-operative weight loss surgery support
- Non-diet approach to weight management
- Childhood Obesity
- Sports Nutrition
- Geriatric Nutrition
- Diabetic Education
- Food Allergies

Medical Concerns

- Pre-diabetes, Insulin Resistance, Type 1 and Type 2 Diabetes
- Hypoglycemia
- Hypertension
- High Cholesterol
- Polycystic Ovarian Syndrome (PCOS)
- Acid Reflux (GERD)
- Gastrointestinal and Digestive Issues

Specialized Analysis Tools

- MedGem: FDA approved to quickly and accurately assess metabolism. Clients will receive a detailed report regarding resting metabolic rate, body fat, and caloric needs.
- Genetic Direction: DNA testing that identifies your genetic makeup, providing nutrition and exercise strategies tailored to your genotype.



Rely on our Experts

- Certified Adult Weight Management specialist
- Certified Pediatric Weight Management specialist
- Certified Eating Disorder Registered Dietitians
- Certified Specialist in Sports Dietetics
- Food allergy specialist

Employee Health

Does your organization desire to have healthy and productive employees? Employee wellness programs can increase productivity, boost moral and reduce stress. Depending on the organization's group health insurance, services at Chrysalis Center could be covered at 100%.

Meet our expert level registered dietitians on our website

www.chrysaliscenter-nc.com

Call our office to schedule your first visit
(910) 790-9500

Chrysalis



**CENTER FOR COUNSELING AND
EATING DISORDER TREATMENT**

