



Kristie Butler, RDN specializes in weight management and a variety of health conditions, not limited to: diabetes, blood sugar abnormalities, adolescent nutrition, sports nutrition, and gastrointestinal health.

NUTRITION COUNSELING

Receive 1:1 nutrition coaching to get you where you want to be for good. Learn how to eat to restore your body's ability to control cravings and reduce hunger. Establish a positive relationship between food and health: be social, have a drink, and still reach your goals. No guilt welcome here. Embrace the foods that you have likely shunned in order to "lose weight." Receive a trimmed down supplement protocol that hones in on the essentials for your health.

TESTING

Advanced testing empowers individuals to optimize their health with confidence.

Genetic Testing

This comprehensive genetic panel allows your Registered Dietitian Nutritionist to design the ideal way for you to eat based on your unique genetic makeup and biochemistry. Every individual has genetic advantages and disadvantages, testing provides your health care team with valuable information to support those genes with personalized diet and exercise recommendations.

Micronutrient Testing

Micro-nutrient testing plays a critical role in chronic disease prevention and optimal wellness. The Spectracell Micronutrient tests measure the function of 35 nutritional components including vitamins, minerals, antioxidants, and amino acids within our white blood cells. This information is valuable for targeting specific foods and supplements to correct deficiencies.

Food Sensitivity Testing

The ideal test for those who have not had success with elimination diets. Food sensitivities are difficult to test for; however, the Alcat Test is the only food sensitivity test to have a double-blind, randomized clinical trial published on its effectiveness. The Alcat Test analyzes foods, herbs, additives, molds, colorings, environmental chemicals, and other anti-inflammatory agents.

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***Pricing: \$40/hr members, \$80/hr non-members
Consultation: 60 minutes, Follow-up sessions: 30-60 minutes***