



# Weight Loss Services - Teri Funk, RD

Hi, I'm Teri and I'm a registered dietitian. Do you want to lose weight and improve your health and wellness? Do you live in Alberta? If yes, I would love to help you!

We can discuss general healthy eating, intermittent fasting, or any diet such as Mediterranean, ketogenic (keto), carnivore, anti-inflammatory, vegetarian, low sodium (e.g. DASH), or elimination (e.g. low FODMAP) diets.

I can do various tasks with you or sometimes by myself during sessions, such as:

- **Help to prevent or treat many types of health conditions and symptoms**
- List possible ways to reach your goals.
- Help you to meet your nutrition needs.
- Discuss food, meal planning/prep, or basics about physical activities.
- Explain ways to save money and time (e.g. when grocery shopping), reduce stress, or improve sleep.
- Create resources, like handouts.

We can include your favorite foods if possible!

I'm certified in cognitive behavioral therapy (CBT) and motivational interviewing, so I can help you to understand thoughts (e.g. negative self-talk), feelings (e.g. guilt), and behaviors/habits and change them as needed.

I can typically help additional people, such as your family.

Dietitian services are income tax deductible and I can do direct billing to most insurance companies. I also offer payment plans.

Please go to [www.dietitianteri.com](http://www.dietitianteri.com) to see more details and book a video/phone call with me. Feel free to email me at [teri.nutrition300@gmail.com](mailto:teri.nutrition300@gmail.com).