



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 include your favorite foods if possible!

We can discuss general healthy eating, intermittent fasting, or any diet such as Mediterranean, ketogenic (keto), anti-inflammatory, vegetarian, low sodium (e.g. DASH), and elimination (e.g. 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**
- Help you to meet your nutrition needs
- List possible ways to reach your goals
- Create meal plans, basic exercise plans, and resources
- Teach you about food (e.g. cooking)
- Help you to save money and time, like when grocery shopping
- Explain ways to reduce stress and improve sleep

I'm certified in motivational interviewing and cognitive behavioral therapy (CBT), 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.

If you want to try a certain method (e.g. carnivore diet), it can be safer for me to help you with it than for you to do it by yourself.

I can typically help additional people (e.g. your family).

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

Interested? Please go to 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.