



**BEACON
NUTRITION**

HEALTH REDEFINED



ABOUT US

We are an innovative nutrition consulting practice composed of dietitians who deeply care about helping people become healthy, fit and strong. It is a safe place where your questions are cherished, knowledge is shared, curiosity is rewarded with wisdom, thoughts and self-talk are challenged to enrich your activity of positive change.

SERVICES



TELENUTRITION

Virtual nutrition counseling services to those in Texas using a HIPPA compliant platform



COUNSELING

We start by finding out what is behind the food choices you make, what is driving you to get stuck in unhealthy habits.



ADDITIONAL SERVICES

Resting metabolic rate testing | Diabetes management | Nutrition plans | Eating disorder assessment

BEACON NUTRITION

We are not like any other private practice. We won't be giving you any rigid menu plans. We don't give you a list of what to stop eating. Instead, we allow you to master [or conquer] your health without it being an inconvenience and live the life you want

WHY BEACON NUTRITION?



Convenient telehealth options so you don't have to take off work or school.



Individualized plans, we tailor our approach to meet you where you are at.



Weight inclusive and body neutral environment.



JANE DOE
www.beaconbeginnings.com
679.201.8342
jdoe@beaconnutrition.com

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