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# Nutrition that starts with you — not a one-size-fits-all plan.

## WHAT WE DO

Individualized nutrition care for adults who want to improve their health — from diagnosed conditions to everyday confusion about food.

### I work with adults navigating:

Gastrointestinal conditions such as IBS, reflux, food intolerances, liver disease, celiac disease, IBD, GI symptoms and many more

Cardiometabolic health conditions such as high cholesterol, hypertension, heart disease, prediabetes, diabetes

Complex & chronic conditions such as chronic kidney disease, cancer, malnutrition, enteral nutrition support, medically complicated cases

## HOW WE WORK

All visits are conducted via secure telehealth with insurance-covered and self-pay options available. We accept Aetna, Cigna and United Healthcare.

### To refer or schedule:

Visit [CollaborativeNutritionCT.com](https://CollaborativeNutritionCT.com)  
Or scan the QR code below

