

Make Your Health A Priority

Meadowbrook is proud to bring client centered care that focuses on the whole person. Everyone needs assistance from time to time to help discover how they can enhance their well-being. We provide a pleasant, safe, and supportive environment to reach your wellness goals. Research is providing more evidence that nutrition is a highly influential determinant for long-term health and disease prevention. Our licensed nutritionist uses science-based nutritional therapies to support your personal recommendations. We recognized that our relationship with food can be complex; linked to memories, emotions, and cultural nuances. Therefore, the approaches used are highly individualized, integrated, and not limited to any one dietary theory.

Work with a nutritionist on ways to support:

- managing health conditions
- reestablishing digestive health
 - reducing stress
 - reaching ideal bodyweight
- identifying food sensitivities
 - increasing energy
 - balancing mood
- improving athletic performance
 - creating adaptability
 - strengthening immunity
 - obtaining quality sleep

What does a nutritionist do?

Nutritionists help clients critically analyze their current dietary practices or cravings, navigate diet claims in the media, demystify food labels, and evaluate dietary supplements. An assessment of physical symptoms, lab results, and potential medication interaction brings a thoroughness to this process of complementary and alternative medicine. Integrative nutritionists think of food as medicine. Emphasizing the importance of self-care and empowering people to listen more deeply to their bodies.

What is the difference between RD and CNS?

Registered dietitians (RDs) are trained to work primarily in hospitals, nursing homes, and other institutional settings. They often offer broad-based regimens centered on diagnostics to targeted acute symptoms. Certified Nutrition Specialists (CNS) work in a clinical setting or other facilities to counsel and recommend health interventions that meet each individual clients' specific needs. Usually developing strategies to tackle chronic issues or for preventative care. Both are considered a Licensed Dietician/Nutritionist (LDNs) recognized by the state as legal paths to practice nutrition consultation in Maryland.

Nutrition Consultations and Appointments

During the initial consultation, you will be seen by the clinical nutritionist who will review your health history and dietary preferences, plus assess your nutritional status. We will discuss your health goals and together craft a personalized plan. Follow-up visits will allow for making adjustments where needed, continuing education, and gathering information related to your progress.

How do I schedule an appointment?

To schedule an appointment contact nutrition@mbrook.com or visit the front desk for more information. Appointment times are based on scheduling availability Monday through Saturday 8am to 8pm.

Initial Consultations
\$125 (1hr)
Follow-Up Sessions
\$70 (30min)

