

## How to get started

(choose any of the following options)

- Phone 403-301-3399
- Email [dietetics@innersolutions.ca](mailto:dietetics@innersolutions.ca)
- Advise your therapist at Inner Solutions™
- Visit our website at [innersolutions.ca](http://innersolutions.ca) and fill out our Self-Referral Form

*Our dietitian will contact you directly.*

## Dietitian vs. Nutritionist

### What's the difference?

Sometimes Dietitians call themselves Nutritionists, but not all Nutritionists can call themselves Dietitians.

Dietitians have a minimum of a Bachelor's degree specializing in nutrition and food science and have completed an accredited dietetic internship.

They are registered with their Provincial Regulatory Body; ensuring up-to-date professional knowledge, accountability and ethical conduct in their practice.

# Dietitian Services

*Eat Well to Be Well*

Dietitian Services combines psychotherapy, nutritional, and lifestyle counselling



## Contact Us

Inner Solutions™

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Main: (403) 301-3399

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## Eat Well to Be Well

More and more is known about how our mood and perspective is impacted by the quality and quantity of food we intake. We take this seriously as part of our comprehensive programming; and we are happy to say we now have a dietitian on staff providing consultation and planning related to your diet and mood regulation.

Nutrition  
Counselling is  
also available  
without receiving  
psychotherapy

## Food, Mood and Cognition

Why combine psychotherapy, nutritional, and lifestyle counselling?

Food affects your body; the state of your body affects mood. Most people are unaware of how physically and mentally awful they feel, until they actually experience the effects of a healthy diet.

It is well known that the body and mind impact each other; changing one without the other can help, but to make progress and lasting change we combine the two.

Food affects your body; the state of your body affects mood.

### Nutritious food generates:

- Energized body and mind
- Overall health improvements

### Not eating or eating non-nutritious foods can cause a person to feel:

- Tired, irritable, depressed, anxious and loss of concentration.

*(All symptoms of depression and anxiety)*

## What can a Dietitian do for you?

- Better understand food labels and ingredient lists
- Recognize hidden diet danger zones.
- Help achieve mood stability.
- Planning a healthy diet while on a budget.
- Achieve and maintain a healthy weight.
- Provide instruction to prevent, manage, or treat disease using specific, individualized nutrition care plans. i.e. Low blood sugar, diabetes, food allergies and intolerances.
- Understand the correlation between mental and physical functioning.
- Guide change with complex psychologically influenced eating disordered behaviors such as bingeing, purging, restriction and food addiction.

## Dietitian Services

Our dietitian offers nutrition counselling to provide the best possible quality care.

Using up-to-date, evidence-based, research supported practices, individualized programs are developed.

They will work with you to help achieve your goals through:

- One-on-one counselling
- Facilitation of nutrition-focused group sessions
- Exercise and activity programs, etc.

You will get personally tailored advice. *There is no such thing as one-size-fits-all diet advice.*

Our dietitian is here to learn about your current state of health and to help you reach your desired or optimal health.

They will also work with your therapist (if applicable) when necessary.

### Other reasons to consult our dietitian:

- Aid emotional stability
- Help manage chronic disease
- Guidance for food allergies, sensitivities and intolerances
- A weight management program that works in “real life”

## Dietitian Fees

Please visit [inersolutions.ca](http://inersolutions.ca) for details on Dietitian fees and programs.

*Please note, client pays fees for professional services, and receipts will be issued. Clients can submit these receipts to their own health insurance benefit provider or can be used as a medical expense on income taxes.*