



“ Let food
be thy medicine
and medicine
be thy food. ”
— Hippocrates

A Holistic Approach to Optimal Care

Nutrition Services

BALANCED NUTRITION is at the core of good health and wellness. The food eaten on a daily basis can help or hinder one's health and well-being. As Hippocrates said, with wise choices, food *can* be one's medicine and can help heal the body, leading to optimal health.

BUILDING ON AN EXCEPTIONAL THERAPEUTIC EXPERIENCE

Eyas Landing is on the cutting edge of providing top-quality services to our clients. To help optimize the great results clients are already seeing from their therapy from our top-notch practitioners, we are excited to now be able to offer nutrition services from a Registered Dietitian Nutritionist (RDN). Christine M. Cliff, MPH, RDN, LDN, CLT has been a practicing RDN for over 13 years and has worked in a variety of settings ranging from clinical to industry to education.

MAKING GOOD NUTRITION A TOP PRIORITY

Christine is experienced educating and counseling a variety of audiences, along with translating technical nutrition information into easy-to-understand take home messages. Ms. Cliff is also a Certified LEAP (Lifestyle Eating and Performance) Therapist who is skilled working with those with adverse food reactions, including food allergies, food sensitivities, and food intolerances, and helping to create a diet protocol to decrease/eliminate such reactions.

What types of nutrition services are available at Eyas Landing?

- Nutrition Counseling
- GAPS Diet Nutrition Counseling
- Grocery Store Adventure
- Recipe and Menu Tips
- Quick Cook Demos
- Food Intolerance, Sensitivity Testing, and Diet Counseling

What are the benefits of receiving nutrition services?

- Personalized program developed based on individual nutrition and lifestyle needs
- Identify root causes to food intolerances/sensitivities and how to effectively manage them
- Learn hands-on how to create healthful and budget-friendly recipes and menus
- Timely follow-ups to ensure success with the program

Learn more about nutrition services — and how to schedule a nutrition services evaluation. It's easy.

Call Eyas Landing at **312.733.0883** or email us at info@eyaslanding.com for additional information.

Christine M. Cliff
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