

## Nutrition at the Institute

Personalized delivery of diet and clinical nutrition services can have a significant impact on neurological health, as well as, on the care of neurological disorders. Appropriate guidance and good nutritional choices can also have a significant impact on the prevention of neurologic compromise associated with disorders such as obesity, diabetes, heart disease and stroke. The primary mission of the Chicago Neuroscience Institute is to give hope and opportunity to individuals who are at risk or who have neurological disorders and related complications.

## What is a Registered Dietitian ?

A registered, licensed dietitian practices the science of medical nutrition therapy. Not all "nutritionists" have the same expertise or training. It is important to be aware of their training and credentials. Dietitians on staff at the Chicago Neuroscience Institute are registered with the Commission on Dietetic Registration, Academy of Nutrition and Dietetics, and are licensed dietitians in the State of Illinois. Every dietitian at CNI has completed a 4-year baccalaureate degree from an accredited college or university and a dietetic internship or comparable supervised experience. Some staff dietitians may also have advanced degrees and/or specialty certifications.

## The Experience at CNI

Your first visit with one of our Registered Dietitians (RD) will include a review of your medical and nutrition history, current eating habits, and personalized wellness goals. Development of a personalized nutrition plan is the key to your success. Our goal is to help you make gradual, long-term changes in your eating habits and lifestyle, while providing encouraging support and advice along the way. You will learn how to read food labels, modify recipes, and make smarter choices when meal planning, grocery shopping, and eating out. You will find answers to your questions about fad diets and weight-loss myths. Your dietitian will help you become aware of the importance of physical activity, portion control, balanced meals, and nutritional support to meet and maintain your health improvement goals.

**Rachael Costello, MS, RDN, LDN**  
Registered Dietitian Nutritionist



Rachael Costello is a registered dietitian nutritionist, licensed in the state of Illinois. She also has a certificate of training in food allergies. Rachael received her baccalaureate degree in dietetics from the University of Northern Colorado and her Masters of Science in Applied Nutrition from the University of New England. She completed her dietetic internship at the Medical College of Virginia/Virginia Commonwealth University. Rachael is a member of the Academy of Nutrition

and Dietetics and is a part of the Dietitians in Integrative and Functional Medicine Dietetic Practice Group.

Rachael began her career as a clinical dietitian for Resurrection Life Center in Chicago. She then worked for Van Matre HealthSouth Rehabilitation Hospital in Rockford, followed by Martin Luther Manor in Bloomington, MN. She is currently an adjunct faculty at Harper College in the Nutrition Department and runs a private practice in Algonquin, IL.

The phrase "Let food be thy medicine and let medicine be thy food," is the center of Rachael's nutrition philosophy. She believes there is no quick fix to chronic health problems but that by fueling our bodies with real food, we can see great improvements to these conditions. Rachael provides nutrition education, medical nutrition therapy, and nutritional counseling. She works with her patient's healthcare team to provide the best possible health outcomes.



## Telehealth Services

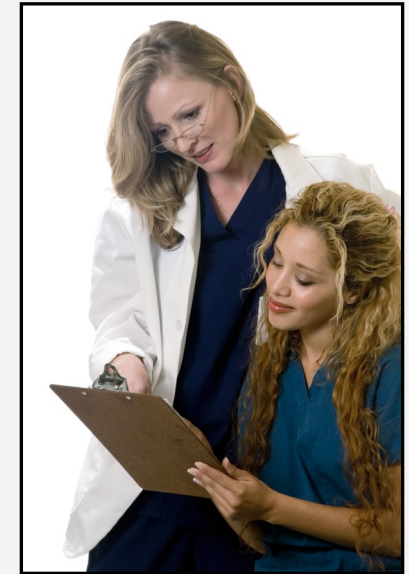
Our dietitians have access to telehealth (telemedicine) services which provide them the ability to communicate with patients through a remote two-way telecommunication solution when appropriate. This can be used to help monitor and assist patients between scheduled office visits.



**CHICAGO NEUROSCIENCE INSTITUTE**  
1795 Grandstand Place, Elgin, IL 60123  
Phone: (847) 888-1811

 **CNI**  
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# Clinical Nutrition Services



**"Let food be thy medicine and  
medicine be thy food."**

**-Hippocrates**

**(847) 888 1811**

**[www.CNIhealth.com](http://www.CNIhealth.com)**

## Clinical Nutrition Services

Dietitians work with physicians and other health care providers to assess lifestyle risk factors and to provide dietary and clinical nutrition services to patients of all ages. CNI dietitians specialize in a variety of areas including weight management, general nutrition support, cardiovascular and stroke risk modification, diabetes, and athletic performance. Registered dietitians at CNI actively participate as members of a collaborative multidisciplinary team approach.



## Nutrition Assessment

CNI dietitians have access to a variety of evaluation methods and resources to customize care for the individual. Information acquired through one or more of the following approaches may be used for initial (baseline) assessment and for measures of therapeutic outcomes:

- Food/nutrition-related history
- Biochemical and laboratory testing
- Past and present medical history
- Anthropometric (body) measurements
- Body composition analysis
- Physical (functional) performance assessment
- Smart device monitoring
- Nutrition-focused physical findings
- Communication with attending health care provider(s)
- Review of specific patient goals

## Do I Need a Dietitian?

People seek guidance from a registered dietitian (RD) for many reasons. Some individuals are concerned with wellness, disease management and/or disease prevention. Others, including athletes, would like to learn more about sports nutrition, training recovery and peak performance. Dietitians in the CNI Division of Clinical Nutrition are experienced in helping patients address many health conditions such as:

- Diabetes
- Elevated cholesterol /triglycerides
- Hypertension (high blood pressure)
- Digestive disorders
- Obesity
- Joint pain and arthritis
- Back Pain
- Weight loss management
- Kidney disease (non-dialysis)
- Unexpected weight loss
- Eating disorders

## Nutrition Program Includes:

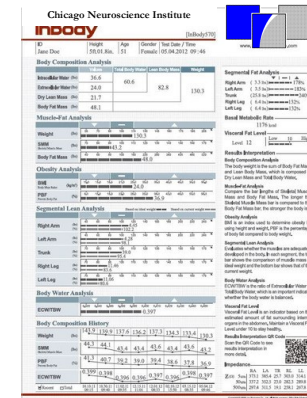
A plan is developed with the patient to improve their health. Dietitians monitor progress made by patients while helping them meet their nutritional goals and determining whether the nutritional intervention is successful. Dietitians monitor outcomes by selecting and re-evaluating quantitative measures. Goals and treatment plans are revised as needed based on patient progress. Special services and opportunities at CNI include :

- Nutritional wellness visit
- Body composition assessment
- Individualized program and plan
- Access to a team of providers:
  - Physician
  - Registered Dietitian
  - Exercise Specialist
- Tracking of nutrition and physical performance
- Smart device monitoring of your habits
- Access to CNI ‘Tests4Life’ Screenings
- Join the CNI ‘Walk4life’ Program

## Body Composition Analysis

Body composition analysis refers to the quantitative assessment of the distribution of muscle, fat, and water in the body. The distribution plays an important role in health, as well as, cognitive and physical performance. Excess body fat and abnormal distribution of body fat increases the risk of acquiring many different diseases. Excess fat or an abnormal ratio of fat to muscle impairs physical performance and places more stress on the spine and extremity joints.

CNI uses state of the art bio-impedance assessment technology to assess lean body mass, fat mass, water distribution, body mass index (BMI), percent body fat (PBF) and extremity muscle distribution. Quantitative measures are used to track health and treatment outcomes.



## Nutritional and Immune Health

Nutrition is a critical determinant of immune health and immune responses. Dietary habits and nutrition play a role in cell-mediated immunity, immunoglobulin production, and overall immune resilience. Immune system health can be enhanced by good dietary and lifestyle choices.

**Call us to learn about body composition screenings and educational opportunities!**