



Telenutrition: Is it Right For You?

By Dr. Tricia Talerico, D.C., M.S., Nutr.

With the advancement of technology, the accessibility and convenience of virtual nutrition sessions has opened new doors for individuals seeking support for autoimmune disorders, cardiovascular disease, weight loss, gut health, hormone imbalance and other life-changing conditions. A comprehensive health history, discussion of current health conditions, nutrition goals, laboratory results and daily eating/activity habits can all be assessed via online cloud-based platforms such as Zoom. In addition, it is now possible to send patients an “at home” test kit that can identify food sensitivities (including levels of sensitivity), inflammation, leaky gut, presence of Candida Albicans and wheat/-gluten sensitivity. KBMO Diagnostics has developed such a test, the FIT 176 test. The FIT 176 Test uses a blood sample collected by an easy fingerstick procedure. All of this information is used to create a personalized program for each patient. In addition, it is important to be able to quantify a patient’s starting point and progress by using an InBody H2ON Smart Body Composition Scale, tape measures and food journals. Body Composition analysis is an amazing tool to determine body fat percentage, skeletal muscle mass, visceral fat and most importantly, intracellular and

extracellular water balance. These tools are immediately sent to a patient when they begin their Virtual Nutrition Program here at NWLC of Ocean.

Virtual Nutrition or **Telenutrition** has many benefits for patients:

- * Elimination of geographical constraints
- * Flexibility in scheduling appointments
- * Reducing the need to drive long distances to get to your appointment (especially after a long day of work!)
- * Sessions can be done in the comfort and privacy of your own home (or even your office at lunchtime)

* If you relocate or travel for business you can continue to work with your present nutritionist

* Communication is usually done by platforms such as Zoom, emails or even texts

In our modern, busy world, it is not always convenient to be face-to-face with our healthcare practitioners. By working with a nutritionist dedicated to developing an individualized, comprehensive virtual program for each patient, you can be confident that your health issues will be addressed. The NWLC of Ocean currently has patients in Texas, Florida and New Jersey. Will you be the next state to join us?

IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!



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