



ABOUT US

At Nutrition HealthWorks, it is our mission to help you develop a nutritional program that is realistic but effective, and to support you throughout the process so that you learn how to develop a healthy lifestyle. We provide the community with nutritional guidance for every health and sports performance need by personalizing our services to the individual. No more trendy diets or cookie cutter programs that have "general results." Instead, get involved with something you know is going to work for you. We start your transformation with a nutritional assessment and metabolic test so one of our dietitians can better understand your current goals, nutrition habits, exercise routine, and any medications or conditions you may have. From there, we can make recommendations and create customized meal plans while tracking your progress using a multitude of measurements. Let us provide the solutions to the challenges you face.

WE ACCEPT INSURANCE!

Call or visit our website to find out more about your insurance coverage.

www.nutritionhealthworks.com 704.380.4655

OFFICE LOCATION: Raleigh, Cary, and Apex

OUR SERVICES

WEIGHT MANAGEMENT

Whether you are looking to achieve weight loss, weight gain, or weight maintenance, we provide the necessary ingredients. No pills or specialty products here, just quality food based nutrition for every lifestyle to help you look & feel your best at all times. It doesn't matter if you are on the go, travel frequently or refuse to cook, there is a way to manage your weight. Leave it to us & we'll take you every step of the way!

MEDICAL WELLNESS

A dietitian at Nutrition HealthWorks can help you navigate diabetes, heart disease treatment, gastrointestinal conditions, food allergies and intolerances as well as eating disorder support. Falling under the umbrella of Medical Nutrition Therapy, we analyze a number of risk factors including CVD risk, family history, medications, food habits and exercise routine to determine the best course of action for nutrition recommendations. With a quality nutrition plan offered by our dietitians, we can help properly manage your medical wellness needs.

METABOLIC TESTING

The BodyGem indirect calorimeter is a state-of-the-art, handheld device that accurately measures resting metabolic rate (RMR) & is identical to the one used on The Biggest Loser. The BodyGem is easy to use, delivering an RMR measurement quickly & accurately. Used as a tool for monitoring changes in metabolism, BodyGem gives you important information to help individuals achieve personal weight management & nutrition goals.

PEDIATRIC NUTRITION

A pediatric Registered Dietitian at Nutrition HealthWorks can assist with undernourished, overnourished, feeding disorders, food allergies, and picky eaters. We work to recognize and address these commonly seen issues and create effective nutrition care plans while ensuring adequate intake for growth and development. Our goal is to improve their nutritional status with an individualized eating plan based on each pediatric patient's needs.

SPORTS NUTRITION

Looking to bulk up for the sports season ahead? Need help managing your weight in a way that's healthy & aligned with your athletic performance goals? Athletes of all levels can benefit from meeting with a sports nutritionist to help them maximize performance without damaging their health through the use of harmful supplements & unhealthy eating habits.

MEAL PLANNING

Meal planning is one of the most effective methods for meeting your wellness goals. By developing a personalized meal plan that fits your unique needs, you'll set yourself up for continued success with your dieting and fitness objectives. At Nutrition HealthWorks, our team of registered dietitians provide customized meal planning services to help clients stay on track with their wellness progress. If you're looking for a long-lasting weight management solution, contact Nutrition HealthWorks to schedule a meal planning appointment today!

RUN COACHING

Run Coaching can be for anybody - someone who wishes to run their first 5k or someone who is an experienced runner looking to obtain a personal record at any distance. Similar to our nutrition coaching packages, 3-, 6-, or 12-month options are available to meet your needs & skill level. Inquire for more details on how to set up a coaching program that is right for you!

CORPORATE NUTRITION

When it comes to ensuring the health of your employees, one of the best things companies can do is schedule a corporate nutrition class. While corporate health initiatives can be beneficial, these efforts will be much less successful if employees lack the nutritional guidance necessary to make healthy choices. At Nutrition HealthWorks, our team specializes in creating fun, engaging, educational lunch & learns for corporations seeking to prioritize nutrition in the workplace. Contact our team to schedule your corporate nutrition class today!

WOMEN HEALTH

Specialized nutrition guidance through all walks of life. Our registered dietitians will work with you through an individualized approach to assist you in building a nutrition plan to fit your goals. We offer maternal nutrition services, hormone imbalances or inflammatory responses, and perimenopause and postmenopause.

INTEGRATIVE TESTING

The root cause of a variety of health problems often stems from the foods we are consuming every day. These can also include foods that are considered healthy. Identifying these foods is a key step to symptom improvement. Food sensitivities may arise anytime throughout one's life. They may result from repetitive consumption, lack of diversity in the diet, emotional or physical stress, reduced oral tolerance, chronic infection such as *Candida albicans*, Lyme's disease and more.

MEET OUR STAFF**Lydia Averette** MS, RD, LDN

RALEIGH LOCATION (A.E FINLEY YMCA 9216 BAILEYWICK RD. RALEIGH, NC 27615)

Lydia is a Licensed and Registered Dietitian Nutritionist who enjoys counseling clients with diverse backgrounds. She obtained her B.S. in Nutrition Sciences at NC State University with a Minor in Sports Science and her M.S. in Foods and Nutrition at The University of Georgia. Her experience is in pediatric nutrition and medical nutrition therapy. She is passionate about helping clients reach their goals with a holistic approach that combines psychology and behavior change. Lydia believes nutrition and a healthy relationship with food are foundational for a thriving life.

Gunja Parikh MS, RD, LDN

RALEIGH LOCATION (NW CARY YMCA 6903 CARPENTER FIRE RD CARY, NC 27519)

Gunja is a Licensed and Registered Dietitian with a passion for helping individuals improve their eating habits to reach their nutrition goals. She completed her Master's degree in Nutrition and Dietetics from Meredith College in North Carolina. Gunja completed her Dietetic Internship with 1200+ hours working in various Clinical, Wellness, Community, and Long-Term Care settings working with a wide variety of clients and health conditions. What Gunja discovered throughout her experience was not only how crucial Nutrition is to Disease Management, but also how to stop feeling pressured to give up our own cultural foods. Her goal is to get her clients the nutrients they need in a fun and easy way, with a simple, evidence-based customized nutrition approach.

Mary Frances Creech MS, RD, LDN

RALEIGH LOCATION (KERR YMCA 2500 WAKEFIELD PINES DR. RALEIGH, NC 27614)

Mary Frances is a Registered Dietitian with a Bachelor of Science in Nutrition degree from NC State University, as well as a Master of Science in Nutrition degree from Meredith College. She enjoys using her science background to help simplify confusing nutrition messages in the media for her clients. Mary Frances has a unique understanding of the connection between the mind and body and is passionate about helping other untangle their complex relationships with food. Through her holistic approach, she explores not just her clients' eating habits but all aspects of their health such as their sleep patterns, emotional well-being, sin, gut healthy, and hormones

Sarah Nahum MS, RD, LDN

DURHAM LOCATION (DOWNTOWN DURHAM YMCA 218 W. MORGAN ST. 27701)

Sarah received her bachelor's degree in nutrition from North Carolina State University and her master's degree in nutrition from University of North Carolina at Greensboro. She completed her dietetic internship at Georgia Southern University where she gained experience working with rural communities. She is proud to be a registered and licensed dietitian since 2016 and has enjoyed working in public health, clinical nutrition, and food service management where she demonstrated her thoroughness and personality in helping children and adults manage their chronic diseases and live healthier lives. Sarah has a certificate of training in integrative and functional nutrition and is passionate about weight management.