

Nutriswell Nutrition Specialties

Gastrointestinal Health

- Irritable Bowel Syndrome (IBS)
- Crohn's Disease
- Ulcerative Colitis
- Celiac Disease and Gluten Sensitivities
- Small Intestinal Bacterial Overgrowth
- Gastroesophageal Reflux Disease

Chronic Disease Management

- Hyperglycemia (elevated blood sugar)
- Hypoglycemia (low blood sugar)
- Hypertension (high blood pressure)
- Hyperlipidemia (high cholesterol)
- Metabolic Syndrome

Cardiovascular Health

- Hypertension (high blood pressure)
- Hypercholesterolemia (elevated LDL cholesterol)
- Atherosclerosis (plaque buildup in arteries)

Autoimmune and Inflammations

- Thyroid Function Impairment
- Chronic Joint Inflammation

Pain Management

- Chronic Pain Relief Through Nutrition
- Anti-Inflammatory Diets for Pain Management
- Fibromyalgia and Neuropathic Pain

Food Sensitivities and Allergies

- Lactose Intolerance
- Histamine Intolerance

Exercise and Fitness Nutrition

- Nutrition for Exercise Performance
- Endurance Training and Recovery
- Strength Training and Muscle Gain
- Hydration and Electrolyte Balance for Athletes
- Exercise for Weight Management and Metabolic Health

Specialized Diet Approaches

- Ketogenic Diet
- Plant-Based and Vegan Diets
- Low FODMAP Diet
- Anti-Inflammatory Diets

Oncology and Immune Support

- Cancer Nutrition Support
- Immune System Strengthening
- Post-Treatment Recovery Nutrition

Neurological and Mental Health

- Alzheimer's and Cognitive Decline Prevention
- ADHD and Autism Spectrum Disorder (ASD)
- Anxiety and Depression Nutrition

Hormonal and Reproductive Health

- Polycystic Ovary Syndrome (PCOS)
- Menopause and Hormonal Balance
- Endometriosis

Weight Management and Metabolic Health

- Obesity and Weight Loss
- Insulin Resistance

Nutriswell Mind-Body Therapies

What is Mind-Body Therapy?

Mind-body therapy is a holistic approach emphasizing the powerful connection between mental (i.e., thoughts, emotions) and physical health. These therapies—such as meditation, yoga, breathwork, guided imagery, and biofeedback—help reduce stress, enhance emotional well-being, support the body's natural healing processes, and improve resilience.

Guided Imagery and Visualization

- **Stress Reduction:** Promotes relaxation by reducing cortisol levels and calming the nervous system.
- **Pain Management:** Helps alleviate chronic and acute pain through distraction and positive imagery.
- **Immune Support:** Enhances immune function by visualizing healing processes.
- **Trauma Recovery:** Aids in reframing traumatic memories into empowering narratives.

Meditation and Mindfulness

- **Improved Focus and Cognitive Function:** Increases attention span and executive functioning.
- **Emotional Regulation:** Reduces symptoms of anxiety, depression, and PTSD.
- **Cardiovascular Health:** Lowers blood pressure and heart rate, reducing risks of heart disease.
- **Sleep Improvement:** Promotes restful sleep and combats insomnia.

Hypnosis

- **Behavioral Changes:** Assists in smoking cessation, weight loss, and overcoming phobias.
- **Pain Relief:** Effective for managing pain in conditions like fibromyalgia and post-surgery recovery.
- **Stress and Anxiety Management:** Promotes relaxation and reframes negative thought patterns.
- **Psychosomatic Disorders:** Addresses symptoms that have a psychological origin, such as IBS or tension headaches.

Let's Connect

