



Benefits of Virtual Nutrition Counseling

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

Virtual Nutrition Counseling has emerged as an easily accessible, convenient and affordable way to help you reach your health goals. Whether your health goals include weight loss, weight gain, gut or cardiovascular issues, blood sugar imbalance, perimenopause/menopause transition or autoimmune disorders, you may be surprised at how easy it is to get personalized support on a schedule that fits into your busy life. Imagine eliminating the need to travel to a clinic or office after a long day at work? Being in your own environment during a consultation may even help you better discuss your eating habits and routines. Virtual sessions also make it easier to stick to a specific nutrition plan because follow-ups can be scheduled more frequently, helping you to stay motivated and accountable. This is especially true for those on GLP-1 weight loss medications as prioritizing protein is a key to success on these aides.

Every metric you need to measure and track your progress can be sent to you so that certain health parameters can be measured and evaluated on a weekly basis if need be. This may include standard laboratory tests, functional nutrition testing

kits and body composition analysis (InBody).

Let's face it, reaching and maintaining optimal health and weight while juggling work and family life is challenging. It's nice to know that expert advice and support is just a Zoom call away!



IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!



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