



National Expansion of Functional & Integrative Dietitian Telehealth Team Covered by Insurance

July 25, 2024

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Sarah Lynn Nutrition (SLN) is excited to announce the continued growth of its national Functional & Integrative Dietitian Telehealth team. SLN exists to Empower people to improve their quality of life through relearning their relationship with food.

Many people today feel trapped in a cycle of fad diets. Americans tend to cycle through highly commercialized and standardized diets from vegan to ketogenic to carnivore to restrictive calorie counting. Often, this leaves people feeling frustrated and hopeless. It can also lead to poor nutrition, weight rebound, and worsening symptoms.

Through customized coaching and education, Sarah Lynn Nutrition's dietitians help patients reset their internal hunger cues and find easy ways to incorporate healthier options into their day. Through education and intuitive eating, patients can break life-long cycles of crash dieting and achieve peak health and lasting change.

The start of this journey involves easy-to-implement systems that help people physically feel better. By providing solutions that support the gut-brain connection and improve people's mental health and focus, patients can enjoy less brain fog, more energy, increased productivity, and greater confidence. This creates a cycle of peak vitality that helps patients break free from feeling trapped by poor health.

A Comprehensive Solution for Health and Wellness

Under the visionary leadership of Sarah Lynn, CEO and Registered Dietitian, Sarah Lynn Nutrition offers a comprehensive approach to health and wellness. "Our mission is to help prevent, manage, or reverse chronic diet-related diseases," says Lynn. "We strive for peak vitality, helping individuals break free from the confines of excess weight, gut discomfort, SIBO, Crohn's, and Ulcerative Colitis through advanced GI Mapping and personalized nutrition care."

Nutrition affects every area of life. Many people seek help with weight management, diabetes control, and heart health, and diet choices can play a vital role in these areas.

Diet can also impact hidden elements of health, such as hormonal health. This can create a vicious cycle where weight loss becomes harder to achieve. When dealing with a diet-related disease, individuals often face steadily worsening health and conflicting answers.

By providing additional testing services such as hormone testing, GI mapping, and Dutch testing, dietitians can customize their solutions to address the root cause and help the body reduce inflammation and find balance.

Ultimately, the solution is not to create more restrictive diets but to help people reprogram their mental relationship with food, transforming their food anxiety into food empowerment.

Positive Outcomes

While many telehealth dietitians accept primary medical insurance, online nutrition support tends to offer cookie-cutter advice.

By providing individualized suggestions and targeted education, SLN delivers faster results by working with the brain's natural hunger cues to maintain easy compliance in making healthier food choices.

Clients who engage with Sarah Lynn Nutrition can expect realistic and sustainable health solutions tailored to themselves. Every solution is carefully curated to work with the client's current lifestyle habits, and family

culture.

The personalized and attentive approach ensures that every client receives the highest professional and compassionate service, empowering them to achieve lasting, positive health outcomes.

A Vision for the Future

Sarah Lynn Nutrition is not just about individual health; it's about orchestrating a global movement for wellness and betterment. By addressing both mental and physical aspects of living the best life, they are committed to touching lives and fostering a healthier world.

About Sarah Lynn Nutrition

Sarah Lynn Nutrition is dedicated to elevating health with a white-glove nutrition service that goes the extra mile to address underlying health problems. Accepting referrals from doctors, the team of functional and integrative dietitians is covered by most health insurance, ensuring affordable, accessible, and high-quality care for all.

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Sarah Lynn Nutrition

Sarah Lynn nutrition exists to help prevent, manage, or reverse chronic diet-related disease and help people reach peak vitality through a changed relationship with food.

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