

Do you have symptoms that keep you from being your best?

- fatigue
- brain fog
- lack concentration
- meh, blah
- weight won't budge
- bloating
- constipation/diarrhea
- other stomach/digestive issues
- headaches or migraines
- allergies symptoms
- certain foods bother you
- moody
- anxiety & stress
- hormonal roller coaster
- hot flashes
- can't sleep
-just to name a few?

Let's talk!

Contact Kerry through
www.herdietitian.com



virtually in US only



kerry@herdietitian.com



www.herdietitian.com



[@her_dietitian](https://www.instagram.com/her_dietitian)



[facebook.com/herdietitian](https://www.facebook.com/herdietitian)

Her Dietitian

*Personalizing women's wellness using
a natural approach to health*



HER DIETITIAN

Helping each woman struggling with unresolved symptoms, issues or concerns by creating your own unique wellness roadmap by identifying root concerns in your body and lifestyle so you can live your best life.

Consultations and programs provided all in the comfort and convenience of your own home or office on a desktop or app on your mobile device.



ABOUT KERRY

Kerry has helped many women over the last 22 years with multiple symptoms and conditions incorporate a healthy lifestyle with a patient-centered integrative and functional approach. She received her degree in Nutrition at Texas's Woman's University. Dietitian Internship at Presbyterian Hospital in Dallas. ICF Life Coach. Certified Diabetes Educator. Certified in Food Allergies and Intolerances and Integrative and functional nutrition.

