AUDREY L.
YOU...ONLY HEALTHIER
ANASTASIA LLC
DRPH, RD

Looking to get healthier?

Still struggling through dieting? Pretty sure you eat healthy, yet are still unable to lose weight? Do you want to get really healthy before conceiving? Not sure what and when you should be eating after being diagnosed with Gestational Diabetes? Confused over all that you see on the internet? Interested on how to reduce your cholesterol and triglycerides before resorting to a statin? Trying to balance PCOS with weight gain? Struggling to shed your baby weight? Curious as to whether you are gluten sensitive? Wondering if entering peri- and post menopause means that you are destined to gain weight? Ready to understand what your body really needs for optimal health?

As a Medical Nutrition Therapist, Audrey L. Anastasia, DrPH, RD, FAND engages her education and experience, including her Master's Degrees in Counseling and Nutrition Communication, in addition to her Doctorate in Public Health. Dr. Anastasia has been named a Fellow of the Academy of Nutrition and Dietetics (FAND), the world's largest organization of nutrition professionals. Recognition as a Fellow distinguishes those who have made significant and sustained contributions to the field of dietetics with integrity, innovation, and social responsibility. Additionally, she is a Certified Diabetes Educator®.

Her theoretical approach moves beyond nutrition education to focus on behavior change identifying those obstacles that prevent individuals from goal attainment. Whether a first time Mom diagnosed with gestation diabetes, a pregnant woman who genuinely wants to meet the nutrition needs of she and her growing baby, a perimenopausal woman challenged with obesity and hypertension, or myriad of other scenarios that women face throughout their lifetime, including obesity, IBS, and Type 2 Diabetes, maybe it is time to take this opportunity to truly understand what you need to do to be You…Only Healthier™. Most insurance plans cover this service.

Take the first step, and call the office to schedule time set aside just for you. Don't you deserve to finally feel great?