

## The importance of consulting a clinical nutritionist



Periodically visiting a clinical nutritionist is an excellent way to design an appropriate eating plan for each body type, with the nutrients each person needs while evaluating their medical history, and lifestyle.

Their goal is to provide personalized guidance and help people understand the connection between health and diet.

We can all benefit from consulting a clinical nutrition specialist. They can help us achieve different health goals giving us a better quality of life. For example:

- Learn to control blood pressure and other heart diseases.
- Prevention and control of diabetes and prediabetes.
- Reduce blood sugar.
- Hormone balance.
- IBS control and other gastrointestinal discomforts.
- Improve nutrition throughout our different life stages.
- Weight control.
- Improve nutrition in people with cancer.
- Control of fatty liver and kidney disease.
- Improve nutrition for sports performance.
- Nutrition for children and adolescents.
- General nutrition and well-being, among others.



Because many diseases are related to a poor diet and lifestyle, it is increasingly important to take care of ourselves and avoid fast food or eating something rushed that is of poor quality.

Do not postpone taking care of your health. To coordinate an appointment with a clinical nutritionist from the SAIN medical network, contact us at:

**+52-653-536-7800**

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