Mr. Patient Beya, RD

I am a Registered Dietitian and have worked with individuals and communities on a variety of health and nutrition related programs around the world. I have experience with individual counseling and group education and have worked with clients living with a variety of special health conditions.

I am a positive, passionate, solutions focused person, and an excellent facilitator and coach. I am committed to working with clients to develop nutrition care plans that will address their dietetic and health challenges while fitting into their particular life situations and needs.

What is a Registered Dietitian?

Registered Dietitians are Nutrition and Food Science specialists who counsel and support clients to make changes in their eating habits to promote health and manage special health conditions such as diabetes, heart disease, cancer, allergies and obesity.

Dietitians are regulated health professionals. The title 'dietitian' is protected by law, just like a physician, nurse and pharmacist. Nutritionist is not a protected title, which means anyone can use it.

Services Offered

Virtual counseling sessions are offered to individuals, couples or families. Face to face counseling sessions are also possible.

Counseling is offered to:
- Clients living with special health conditions who require nutritional interventions to help manage and treat these conditions.
- Clients in special circumstances (e.g. pregnant women and nursing mothers) who require nutritional advice related to their current situation.
- Clients who are in good health but wish to improve their eating habits and overall health and wellbeing.

Counseling session structure:
- **Initial consultation: 45-60 minutes: $100**
    - To collect your diet and health history
    - To discuss specific health and nutrition concerns
    - To provide you with information
    - To identify your health and nutrition goals

- **Follow up consultations: 30-45 minutes: $75**
    - To discuss your progress
    - To identify barriers to your progress and solve problems together