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# Nutritional Health Coaching at the Osher Clinical Center

## What is Nutritional Health Coaching?

Many of us already know that various diseases can be prevented, managed, and sometimes even reversed through diet and lifestyle change. The problem is: lifestyle change is hard! Nutritional Health Coaching at the Osher Center is a unique approach that combines individualized, integrative nutrition assessment and counseling with ongoing motivation, accountability and support. We'll work together to find the right foods for your unique body and life, and to integrate foods and habits that support your long-term health goals.

## Who can benefit from Nutritional Health Coaching?

For most of us, food is more than just fuel. It is comfort, identity, ritual, and celebration. Diet can also cause feelings of overwhelm, guilt and even shame. Maybe you feel paralyzed by the tide of conflicting nutrition advice out there and unsure about which of it might apply to you. Perhaps you have a chronic health condition and suspect that food may play an integral role in your healing, but aren't sure where to start. Maybe you already know a few things that you could (or "should") change about your current diet and lifestyle, but have found that making those changes, and especially *sticking with them*, is incredibly difficult. Or perhaps you've already tried every diet under the sun and are no longer sure what is "safe" to put in your mouth. You're not alone!

## Nutritional Health Coaching can help you to...

- Set realistic goals for your health, and actually follow through
- Discover the role that food may play in healing and prevention
- Move toward a healthy weight, while loving yourself now
- Cultivate powerful resilience in the face of daily stressors
- Increase energy levels and stabilize mood
- Finally understand what "healthy eating" means for YOU
- Find foods you love that make you feel great
- Gain confidence and inspiration in the kitchen and at the grocery store

## What should I expect from a Nutritional Health Coaching Session?

Before your first session, you will complete a detailed nutrition and health questionnaire. This will help to focus and maximize our in-person time together. In your initial consultation, we'll discuss your health history, challenges, and goals in the context of your eating behaviors and lifestyle factors like stress, movement, sleep, and work/family demands. Together, we'll identify priorities for change and a plan for success.

Follow-up sessions focus on implementing and refining your wellness plan, overcoming obstacles, skill-building, and tracking your progress. You will leave each session with concrete action steps, resources, and a plan for accountability. Personalized guidance and exercises will help you turn small shifts into habits, so your healthy changes become second nature.



"Everything shifts when you learn what your body is really asking for. Your mood, your body, your energy levels, your health – all of it is influenced by the food you eat on a consistent basis."





**Lindsay Keach Bronstein (MS, RD, LDN, HC)** is an integrative dietitian and health coach with over 10 years of experience helping people discover the most powerful and healing food and lifestyle choices to fuel their busy lives. Combining her expertise in both clinical and integrative/mind-body nutrition with the latest science of behavior change, Lindsay offers patients individualized, evidence-based counseling and comprehensive support. Her warm, practical approach and contagious love of food make healthy changes accessible, achievable, and sustainable. Lindsay truly believes that there is no “one-size-fits-all” approach to wellness, and that small changes have the power to create huge transformation.

Lindsay has a BA from Stanford University, a Master’s Degree in Clinical Nutrition from Bastyr University, and certificates in Health Coaching and Integrative Nutrition from the Institute for Integrative Nutrition and Columbia Teacher's

College. She completed her clinical dietetic training in the San Francisco bay area, with special rotations in digestive and brain health at California Pacific Medical Center.

### **What Lindsay’s Patients Say:**

*“I truly appreciate the holistic approach by which Lindsay tackled my life and dietary imbalances. I am now 20lbs lighter, 100% fitter and much happier. I would recommend her services to anyone who needs or wonders whether they need a nutritional or emotional tune-up.”* DH

*“I have Crohn’s Disease. This time last year, I struggled to find the energy to get through a workday. Thanks to Lindsay, that has all changed, and I just ran a 10K for the first time ever. She has been conscientious of my lifestyle and custom-built a program for me. In no small part, it is Lindsay’s guidance, not to mention her humor and energy, that has been life changing.”* TD

*“Lindsay helped me to create a plan that encourages me to trust, and listen, to my body. It hasn't been perfect, but I know that perfection is not the goal. I’m so grateful to finally have some peace in my relationship to food and my body.”* KC

*“Working with Lindsay was an incredible investment and so valuable. While learning more than I ever wanted to know about food and my body, I found a new sense of empowerment and feel like I got back some of the control I had lost when I was diagnosed with a chronic illness. Perhaps most valuable was her mentorship in learning to live happily and fearlessly with dietary restrictions.”* QG

### **How do I set up an appointment?**

Please call the Osher Clinical Center at (617) 732-9700 to get more information about Nutritional Health Coaching or to set up an appointment with Lindsay. The Center is located at the Brigham and Women’s Ambulatory Care Center at 850 Boylston Street in Chestnut Hill, Suite 422.

### **Session Rates**

<i>Initial Consultation</i>	\$120
<i>Follow-up Sessions</i>	\$60 or \$120

We accept credit cards, health savings account cards, and checks. Insurance does not cover Nutritional Health Coaching, but your sessions may be an eligible expense under your flexible spending account or health savings account.