



What Does a RHN (Registered Holistic Nutritionist) Do?

A Registered Holistic Nutritionist (R.H.N.) can assist you in achieving your goals and reaching optimal health balance through positive transformation that is suitable for you and your lifestyle. Who can benefit from the services of an RHN?

- People who suffer from digestive or intestinal issues?
- Those who struggle with blood sugar balance or food cravings?
- If you want to improve your skin health, energy levels or sleep patterns?
- Those needing assistance with improved sports performance through a healthier diet.
- People who wish to reduce body fat.

Whatever your goals or issues, a RHN looks at the whole person and offers suggestions for improvement in your quality of life through natural changes to your habits and diet. An RHN is also qualified to recommend supplement, while a Personal Trainer is not.

How does it work?

Through a detailed lifestyle analysis, an RHN will be able to offer you a plan of action that may include dietary and lifestyle changes, supplementation, education, and support for the adjustments.

Forms are sent in advance, completed, and returned prior to a session. Sessions will be conducted virtually with follow ups through email.

Yes, Curtis Health has a RHN that can help you!

Contact info@curtishealth.com or

personaltraining@curtishealth.com for more details.