

Elizabeth Stasny MCN RDN LD CNSC

Are you confused or frustrated by how to eat?

I Can Help!

As an experienced **Registered Dietitian**, I provide compassionate and **personalized medical nutrition planning and counseling**.

I specialize in;

Chronic Illness, particularly ■ Diabetes ■ GI Disorders ■ Auto-immune Disease ■ Weight Management ■ Cancer ■

Elder Care

Improving relationship with food, weight and body image



In-Network with **BCBS, Aetna, United, Cigna & Medicare**

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My patients work with me to **prevent nutrition-related decline**, **boost confidence** in food choices, make **sustainable changes**, and **improve overall health** through better nutrition

Convenient
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...Nutrition You Can LIVE With!

One-on-one Consultations

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