

GERRI FRENCH, MS, RDN, CDE

People Trust Gerri. When it comes to understanding nutrition and the latest scientific findings, Gerri French can convey the information in a personal and practical manner. No more “food-confusion.” Gerri will enlighten you and answer all your questions as they relate to you and your goals.

What To Eat. ANTI-INFLAMMATORY FOODS That Contain Nutrients To:

- * Increase Energy
- * Feel Better
- * Lose Belly Fat and Gain Muscle
- * Promote Longevity & Optimal Health

Services FOR ADULTS & TEENS

- * Nutritional Consultations
- * Shopping Tours
- * Menus with Recipes
- * Wellness & Food Coaching
- * Healthy Kitchen Makeovers
- * Cooking Classes – Individual and Groups

Learn How TO BE IN CHARGE

Gerri provides Integrated Nutrition and Culinary Medicine for those with:

Diabetes	Food Allergies and Sensitivities
Digestive Disorders	Osteoporosis
Heart Disease	Cancer

Learn Why LOCAL, SEASONAL ORGANIC FOODS ARE BEST!

Gerri will explain the meaning of *local*, *seasonal* and *organic* and why they are recommended for your health and simplify definitions of food labels such as “pasture raised” and “grass-fed”.

YOU'RE INVITED TO GERRI'S MEET-UP

Gerri French is the creator of the very popular Santa Barbara Food and Farm Adventures, where like-minded people tour farms, attend food-events and taste freshly picked food.

Join us! For information about the Meet-Up group, go to:

www.meetup.com/Santa-Barbara-Food-and-Farm-Adventures/

Gerri French, MS, RDN, CDE

Gerri has been a clinical nutritionist, nutrition educator and cooking instructor for the past 35 years. She currently works as a nutritionist and diabetes educator at Sansum Clinic and is the nutrition instructor for the culinary arts program at Santa Barbara City College as well as an instructor for SBCC School of Extended Learning. Gerri graduated with a BS in Nutrition from Cal Poly, San Luis Obispo and a Masters of Science in Physical Education and Wellness. Gerri is the former food and nutrition editor of *Diabetes Health* magazine. A very busy Gerri enjoys running on the beach, hiking, swimming, kayaking, yoga, gardening, cooking. Films, music and spending time with her two professional daughters

Initial Consultations: You will be asked to keep and bring a food and exercise diary to this 60-90 minutes appointment. We will review your current way of eating, exercise, medical history, lifestyle and food preferences. Recommendations will be discussed and specific goals will be made along with a plan of action. A report will be sent to your physician, if desired.

Follow up: We will set up a series of follow up appointments whether in person, by phone, skype or Facetime. You will practice in between meetings to develop new effective habits. We can email, text or touch base by phone between scheduled meetings when necessary. *Walk and Talk* sessions also are an option in beautiful locations or your neighborhood.

Cost and Insurance – An initial consultation usually 60-90 minutes and 30 minute follow up is essential with preferred recommendation for 6-12 sessions to achieve results. Cost is \$100.00 per hour. *Follow up sessions can be in person, by phone, skype or facetime and can be spread every week, every other week or monthly as it makes sense.*

You will be given a receipt that you can submit to your insurance for reimbursement. Your workplace may include Nutrition services in your Flexible Spending Account. Clients with Diabetes who receive Medicare may select to see Gerri at Sansum clinic for Medicare coverage. Call (805)681-7522 to make an appointment.

DISCOUNT PACKAGES and Group programs are available; please inquire.