



Nourishing Vitality, LLC
PERSONALIZED NUTRITION COUNSELING

1:1 Nutrition Counseling

- Are you *uncomfortable* in your body?
- Do you feel frustrated or *out of control around food*?
- Are you *tired of the cycle of dieting* with little results, giving up, and going back to old habits just to feel guilty and frustrated again?
- Are you struggling with managing a health condition and looking for guidance around nutrition and lifestyle changes?

I can help you improve your energy, mood, and overall wellbeing while developing a peaceful relationship with food.

There is so much information about nutrition.
How do you determine what is right for you?

I work with you to find a way of eating that works for you. We work collaboratively to develop personalized strategies to enhance your health and vitality.

My goal is for you to feel at home and energized in your body!

With a master's degree in Nutrition and Dietetics, a Bachelors in Social Work and my own transformational journey with food and nutrition, I have the education and experience to help you achieve your nutrition and wellness goals.

Check out my website and make an appointment for a **free 15-minute phone consultation** to see how we can work together to achieve optimal health.

Julia Hampton, MS, Nutritionist

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