Body Composition:

The Inbody230 was created by Biospace America and is a state of the art device for measuring full body composition analysis. More specifically, it measures: total body water, muscle mass and muscle distribution, percent body fat, body mass index (BMI), basal metabolic rate, lean body mass, skeletal muscle mass, and injury/recovery factors.

Sample results sheet:

This is a sample results sheet that will be individualized to give you the most accurate understanding of the composition of your body.

Metabolic Testing:

The MetaCheck was developed by Korr and is the gold standard device for measuring resting metabolic rate (RMR). Using indirect calorimetry, this equipment determines actual metabolic rate (precisely how many calories *your* body needs to maintain and/or lose weight).

Sample Results Sheet:

This is a sample results page that can help you understand how your specific metabolism works and how to make metabolic adjustments in your favor to optimize health and weight.

Nutrition Counseling:

Jamie specializes in a wide range of nutrition-related areas. Some specialties are:

* Nutrition and athletic performance
* Weight loss/gain
* Food sensitivities/intolerances
* Eating disorders
* Nutrition throughout the lifecycle (pregnancy, lactation, infancy, childhood, adulthood, elderly)
* Grocery shopping and cooking tips
* Medical nutrition therapy (eating appropriately for specific medical conditions, reducing medications through food avenues, etc)
* And many more!