



#### CLINICAL NUTRITION TESTING

- Full set of micro and macro nutrient tests offered
- One of our dietitian-nutritionists will help you accomplish your health goals based on your test results

#### ALCAT Food Sensitivity Testing

- Identifies reactions to food, chemicals and other substances that are linked to chronic health problems such as migraines, aching joints, fatigue, gastrointestinal disorders, eczema hyperactivity/ADD and asthma
- A rotational diet based on the results of the test help you alleviate health symptoms

#### Micronutrient Testing

- Innovative assessment of a patient's nutrition status
- 33 vitamins, minerals, amino acids, antioxidants and omega-3 status are evaluated

#### Supplement Evaluation

- We offer a variety of dietary supplements with the Good Manufacturing Practices (GMP) certification of approval
- One of our dietitian-nutritionists will help you choose the best supplement options for you

We are a preferred provider with most major insurance companies. If you would like to find out whether your insurance will cover in-office nutrition sessions, please contact us.



# NuWeights

NUTRITION & PERSONAL TRAINING

Contact us for more information about our nutrition and fitness programs, or to schedule an initial nutrition consultation.

Office Locations:  
McLean  
Ashburn  
Alexandria  
Lorton  
Silver Spring

703.552.2722 phone  
703.564.8567 fax  
[info@nuweights.com](mailto:info@nuweights.com)

## Nutrition and Fitness services



## MEDICAL WEIGHT LOSS

- Lose 3-5 pounds a week safely
- Eat 6 times a day
- Clinically proven at Johns Hopkins
- May reduce diabetes, high blood pressure and other weight related illnesses
- Portion controlled meal replacement system reduces hunger
- Easy to eat on the run, at home or in a restaurant
- Weekly check-ins with one of our dietitian-nutritionists in the office or virtual coaching available
- Transition and Maintenance Program

## NUTRITION COUNSELING

- For adults and children of all ages
- Meet with one of our dietitian-nutritionists at one of our office locations
- Weight management and counseling for the following medical conditions include but are not limited to, diabetes type 1 and 11, high blood pressure, fertility, PCOS, food allergy, gout, gastrointestinal related conditions, eating disorders, pre and post bariatric surgery nutrition
- Sessions tailored to cover your nutrition concerns

## METABOLISM TESTING

- Each individual has a unique metabolism
- 10 minute breathing test administered by one of our dietitian-nutritionists
- Enables one of our dietitian-nutritionists to create an accurate calorie budget to help you achieve your health and weight goals

## PERSONAL TRAINING

- Fitness plans tailored to your individual lifestyle and fitness goals
- Certified personal trainers will meet with you at your home or place of work

