



KYLIE WALKER

ABOUT KYLIE

Kylie is a certified Nutritional Therapy Practitioner (NTP) and practices holistic nutrition through one-on-one nutritional education and personalized nutritional therapy. She received her certification from the Nutritional Therapy Association (NTA), a certified school of the National Foundation of Nutrition Professionals (NANP).

Mission

Kylie's mission is to reconnect people with healing foods and vibrant health through nutritional therapy and education.

Approach

Kylie's approach to nutritional therapy is to treat the body as a whole while seeking the root source of health concerns. It is an evidence-based approach to maximizing one's health potential through individually formulating nutritional and lifestyle recommendations based on bio-individual needs using unique evaluation procedures.

KYLIE WALKER

nutritional therapist

Conquering chronic health burdens from the inside out.

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Kylie Walker

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Disclaimer

A Nutritional Therapist is not trained nor licensed to diagnose or treat medical or pathological conditions, illnesses, injuries, or diseases. The information or advice provided should not be construed as medical advice. If you suffer from a medical or pathological condition, you need to consult with an appropriate healthcare provider. A Nutritional Therapist is not a substitute for your family physician or other appropriate healthcare provider.



ABOUT MY WORK

EVALUATIVE TOOLS

Personalized Health Plans are created based on information gathered from the intake form, an online questionnaire, a three day food journal, as well as the following evaluative tools:

Functional Evaluation (FE)

A series of palpation points on the body and other tests to identify inflammation or dysfunction with organs, glands, nutrient balances, or major systems of the body. This is an in-person, hands-on evaluation.

Lingual-Neuro Testing (LNT)

A biofeedback tool that accesses the body's innate ability to determine exactly which nutrients it needs and will benefit the most from. Also identifies nutrients the body does not need or that are negatively impacting or aggravating specific health concerns.



NUTRITIONAL THERAPY

There is no one perfect diet for everyone. Personalized Nutritional Therapy achieves your unique health goals by identifying the proper foods and targeted nutrients that will restore balance and enhance your ability to heal from the inside out.

ONE-PACK, \$149

Includes:

- 90 Minute Initial Consultation
- Functional Evaluation
- Lingual-Neuro Testing
- Personalized Health Plan (PHP)

THREE-PACK, \$249

Includes everything from the One-Pack, plus:

- (2) 45 Minute Follow-Up Evaluations
- Adjusted PHPs based on progress

SIX-PACK, \$399

Includes everything from the One-Pack, plus:

- (5) 45 Minute Follow-Up Evaluations
- Adjusted PHPs based on progress

ADD-ON SERVICES

Available to current clients whose previous visit occurred within 6 months to provide the necessary adjustments and continued support to ensure progress and healing.

- 30 Minute Follow-Up, \$49
- 60 Minute Follow-Up, \$99

Not sure which package or service is right for you? Contact me today to schedule a free 15 minute phone consultation.

NUTRITION EDUCATION

Looking to change your dietary habits, but don't know where to start? One-on-One Nutrition Education will provide fundamental nutrition information that lays the foundation for building a healthy lifestyle. Contact me for custom small group or family pricing.

NUTRITION BASICS

- Office session introducing important nutritional concepts and the corresponding health impacts to help you jumpstart your health journey.
- \$79 per hour

GROCERY STORE TOUR

- Individual tour to help you healthfully navigate the aisles of your local grocery store.
- Available to current clients whose previous visit occurred within 6 months.
- \$99 per hour*

PANTRY CLEANSE

- In-home guidance on cleaning out your pantry and refrigerator to make room for more healthful alternatives.
- Available to current clients whose previous visit occurred within 6 months.
- \$99 per hour*

*Additional fee for locations outside a 15 mile radius of Pittsburgh.