

## LECTURES and WORKSHOPS

*Vitamin and Mineral Nutrition*

*Food Allergies/Sensitivities*

*Nutrition and Holistic Health*

Registered dietitians (R.D.'s) are daily demonstrating their enthusiasm and expertise in many health-care arenas. Yet our potential is greater still.

Ranan Cohen's hope is to help train a new generation of R.D.'s who are genuinely experts in various holistic nutrition sub-specialties. We can educate ourselves, our clients, and other medical professionals in this critical area.

### *Ranan's workshops and lectures help participants to:*

- \* *develop background knowledge about vitamin and mineral nutrition.*
- \* *analyze medical and nutrition histories regarding the sufficiency of vitamin, mineral and essential fatty acid (EFA) intakes.*
- \* *evaluate supplementation products in terms of safety, balance, and effectiveness.*
- \* *design treatment plans including vitamin/mineral, EFA, herbal, elimination/challenge and other interventions.*
- \* *communicate effectively with clients who have a strong interest in supplementation.*
- \* *take an effective food sensitivity history to develop an appropriate food suspect list.*

## *About*

**RANAN COHEN, M.S., R.D., L.D**

Ranan Cohen is a clinical nutritionist in private practice at the *New England Center for Holistic Medicine* in Newbury, Massachusetts and at *Whole Life Health Care* in Newington, New Hampshire. He holds a Master's Degree in nutritional biochemistry and metabolism from MIT and completed his internship in clinical dietetics at Children's Hospital, Boston.

As a lecturer for registered dietitians, nurses, physicians, and other health-care professionals, Ranan enjoys stimulating balanced discussion on controversial subjects in nutrition. Topics include vitamin/mineral supplementation, food sensitivities, and nutrition and mental health. Previous speaking engagements include:

- \* Maine Dietetic Association  
Bangor, ME, Spring 2000
- \* New England Elderly Nutrition Regional Conference, Portsmouth, NH, Spring 2000
- \* South Carolina Dietetic Association  
Hilton Head, SC, Spring 1998
- \* Florida Dietetic Association  
Marco Island, FL, Summer 1997
- \* Colorado Dietetic Association  
Denver, CO, Spring 1997
- \* National Primary Care Conference (NPACE) Conference,  
Boston, MA, Fall 1996
- \* Minnesota Dietetic Association,  
Moorhead, MN, Fall 1996
- \* Sports, Cardiovascular and Wellness Nutritionists (SCAN) Symposium,  
Atlanta, GA, Spring 1994
- \* Massachusetts Dietetic Association  
Convention, Boston, MA, Spring 1993

# NUTRITION AND WELLNESS: *A VISION*



**RANAN D. COHEN, M.S., R.D., L.D.**

*Great Bay Nutrition Resources*  
81 Bay Road  
Newmarket, NH 03857  
603-659-2528

*New England Center for Holistic Medicine*  
65 Newburyport Tpke.  
Newbury, MA 01951  
978-499-2832

*Whole Life Health Care*  
100 Shattuck Way  
Newington, NH 03801  
603-431-6677

# NUTRITION COUNSELING

*A unique investigative collaboration with each client . . .*

*“Wellness” might be described as a state of being well-nourished—on physical, emotional, and spiritual levels. Nutrition counseling, properly carried out, helps each person to find this state—ideally in collaboration with other useful therapies.*

## *Nutritional Sleuthing*

In today’s media-driven world, countless books and programs claim to offer the ultimate dietary formula—the panacea for nutritional healing. The truth? *For each individual the answers will be different. Your unique history, characteristics and needs must be investigated to determine which therapies will be most productive on the path to wellness.*

## *Listening to the Whole Person*

Finding the nutritional keys to wellness means, first and foremost, accurate listening. In an in-depth interview we explore your *history, nutrition-related symptoms, previous dietary strategies, and, finally, the habits, attitudes, and issues* that may have limited your progress toward optimal nutrition. The obstacles blocking your progress could vary considerably:

- \* *inefficient digestion/absorption.*
- \* *sensitivity to several foods/food chemicals.*
- \* *insufficient protein, vitamin/mineral or essential fatty acid intake.*
- \* *excessive / “disordered” eating connected to body-image or related life issues.*

## *Finding Solutions*

As we uncover your nutritional limitations, the appropriate “nutrition solution” should become clear. Nutrition counseling sessions will result in:

- \* *personalized guidelines/menus.*
- \* *optimal supplementation plan.*
- \* *elimination/challenge strategies.*
- \* *vitamin/mineral-rich foods to emphasize.*
- \* *an improved understanding of eating-related attitudes/habits and how to change them.*

Our collaboration will help motivate you to make progress toward optimal nutrition and a state of wellness.



## *The Counseling Process*

Initial consultations, involving an in-depth evaluation, typically require an hour and a half. Several follow-up sessions are usually beneficial to monitor progress. A more extensive series of visits may be required for clients desiring long-term changes in eating habits.

*. . . addressing a wide variety of health concerns*

## *Digestive:*

Malabsorption	Indigestion
Ulcer	Irritable bowel syndrome
Ulcerative colitis	Gallbladder disease

## *Food Sensitivities:*

Lactose intolerance  
Celiac disease  
Food chemical sensitivity

## *Women's Health:*

Wellness in pregnancy  
Nausea in pregnancy  
Gestational diabetes  
Pre-menstrual syndrome  
Cervical dysplasia  
Menopausal changes  
Infertility  
Fibrocystic disease/breast cancer prevention

Diabetes	Hypoglycemia
Hypertension	Heart disease prevention
Cholesterol control	Low HDL levels
Poor circulation	

Compulsive overeating/eating disorders

Migraines	Arthritis
Fibromyalgia	AIDS
Chronic fatigue/CFIDS	Anemia

*Vitamin/mineral evaluation  
for wellness*