



Why Choose Nutrition Therapy?

Optimal nutrition as a means to good health has been at the forefront of the news for several decades, but few people receive the personalized guidance they need to achieve their goals.

Our focus will be centered on:

- assessing your current health habits
- identifying the changes you need to make
- helping you implement these changes to improve your health

ABOUT DR. HOLL

Dr. Holl received a BS from MIT, an MS from Case Western Reserve University and a PhD in Nutritional Biochemistry and Metabolism from the University of Connecticut. She has worked as the Clinical Nutrition Research Coordinator at both Massachusetts General Hospital and Yale - New Haven Hospital. Dr. Holl served as Chief Clinical Dietitian at Meriden-Wallingford Hospital until entering private practice. She has been involved in research related to calcium metabolism, obesity and diabetes prevention. She teaches Nutritional Therapeutics at Southern Connecticut State University.

The practice encompasses all areas of Nutrition Therapy for adults as well as children including: pre diabetes, diabetes, high cholesterol and triglycerides, high bloodpressure, gastroesophageal relux disease, celiac disease, irritable bowel disease, weight control, women's health issues, food sensitivities, osteoporosis, sleep disorders and childhood obesity.

**Speak With Your
Primary Care
Physician Today!**

AREAS WE FOCUS ON:

PRE DIABETES

DIABETES

**HIGH CHOLESTEROL AND
TRIGLYCERIDES**

HIGH BLOOD PRESSURE

DIGESTIVE DISORDERS

WEIGHT CONTROL

WOMEN'S HEALTH ISSUES

FOOD SENSITIVITIES

OSTEOPOROSIS

**CHILDHOOD OBESITY / PEDIATRIC
NUTRITIONAL SERVICES**