



Shari Havourd MS

Functional Nutritionist

I am passionate about helping my clients improve their quality of life and wellness by using evidence-based medical nutrition therapy, intuitive eating skills and health coaching techniques to address their GI conditions, disordered eating, eating disorders, depression, anxiety, ADD/ADHD, cancer, fatigue and dieting distress.

My style is to work collaboratively and with compassion, offer the why behind the what, and use functional labs when needed. I provide a safe space where we work through the challenges and celebrate the wins.

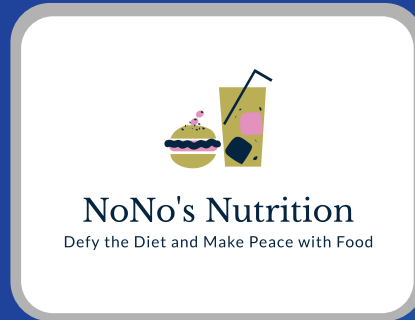
I also enjoy working with families on creating new nutrition habits.

Adjusted rates are available. Currently, we do not take insurance, yet we accept HSA cards and provide superbills.



www.aetio.health

Highly individualized, medical nutrition therapy that delivers lasting behavior changes and improved lab and wellness outcomes.



www.nonosnutrition.com

9-week, back to basics program great for an individual or a group/family.

Schedule a **FREE** 20-minute Discovery Call

☎ 970.309.0149 ✉ shari@aetio.health

