

CLINICAL DIETITIAN
HELPING YOU FIND A WAY FORWARD



christineeverest.co.nz





Hello, I'm Christine.

I'm here to support all health professionals to help patients receive optimal dietetic care.

My strong holistic approach to health is complemented with scientific evidence-based practice, to provide patients with the best outcome possible.

I also offer educational sessions to health professionals on various medical conditions and the role of nutrition and clinical dietetics in the art of modern medicine.

**I'm here to help your patients find a way forward.
Conditions I see include -**

Gastroenterology

- Coeliac disease
- Functional GI disorders e.g. IBS
- Diverticulitis
- GORD
- GI post-surgical care

Cardiology

- Dyslipidaemia
- Hypertension
- Type 2 diabetes (not on insulin)

Neurology

- Stroke
- Dementia
- Parkinson's disease

Women's Health

- Low iron / anaemia
- Fatigue
- PCOS
- Endometriosis
- Fertility concerns
- Hyperemesis
- Gestational diabetes
- Menopause

Oncology

- Pre- and post-treatment
- Specific dietary concerns

Gerontology

- Nutrition in older adults
- Rheumatology
- Taste changes
- Dry mouth
- Poor appetite
- Unintended weight loss

If there is a condition not listed, let me know to see how I can help.

Please contact me directly for referrals or enquiries:
Tel. 021 135 3697 or christine@christineeverest.co.nz