



A Functional Nutrition Approach to Health and Wellness – A Three Part Series

Functional nutrition helps you make the connection between what you eat and how you feel. It works to address the root cause of a situation rather than only treating symptoms. A functional nutritionist works with the whole person considering lifestyle habits like sleep and stress along with diet as part of a holistic plan.

Licensed Nutritionist Amber Hanson of Whole you Nutrition likes teaching clients the power of eating real food as a path to wellness, health, and happiness. Amber knows a person is not just a number on the scale, a medical diagnosis, a job title, or a relationship status. She meets each client where they are, without judgement, to empower them to live their best life.

Part 1 – Why Diets Don’t Work and What to Do Instead

Losing weight is not as simple as calories in and calories out. And weight loss does not always equate to health gains. Learn how to use whole food to support your best health.

Part 2 – Stress Less

Stress can wreak havoc on our bodies and minds. Learn food and lifestyle habits that can support a healthy stress response for a happier, healthier life.

Part 3 – Sleeping Your Way to Better Health

Sleep has a vital role in health – everything from risk of chronic diseases and mood disorders to food cravings and brain function. Did you know good sleep starts in the morning? Learn healthy sleep habits and eating patterns that can help support quality shut eye.