

Our Services

Therapeutic Nutrition

"Dietitians empower their patients, clients, and communities to embrace food, to understand it, and to enjoy it. The advice and information they provide is tailored to their clients and patients personal needs and challenges, including taste and accessibility. They translate the science of nutrition into terms everyone can understand to support healthy living for all Canadians" - Dietitians of Canada

ProActive's Registered Dietitian takes a whole-health approach to care in order to truly understand the underlying issues at play. She will complete a comprehensive assessment to determine your current nutrition status, challenges, values and health goals. Following your initial assessment, you can expect to create a plan of care together that is personalized and practical for your life. You'll learn to build healthy habits and nourish your body in a way that works best for you.

Food, eating and nutrition are directly connected to how we live, feel and heal. Adding Therapeutic Nutrition to the complement of services at ProActive Rehab gives our clients more tools to help their overall healing and recovery processes.

Who should see a registered dietitian?

Although almost anyone can benefit from the services of a dietitian, nutritional counseling can be particularly beneficial for those who need help with:

- Digestive issues
- Chronic disease management
- Supporting healing and recovery
- Low energy levels
- Weight management
- Allergies or intolerances
- Picky eating
- Nutrient deficiencies
- Restricted diets (e.g. vegan, paleo)
- Healthy eating during different life phases

Our dietitian will establish personalized nutrition goals with you, and provide the education, counseling and knowledge you need to live a balanced, healthy life.

What is a registered dietitian?

In Canada, a Registered Dietitian (RD) is a regulated health professional who is registered with a provincial dietetic regulatory body. To become a dietitian one must meet rigorous professional standards, including the completion of a four-year post-secondary degree, participation in supervised practical training, and successfully challenging the Canadian Dietetic Registration Examination.

Dietitians are able to translate scientific knowledge into practical, evidence-based nutritional advice. They collaborate with their clients, providing tailored recommendations that take into account individual needs, challenges, taste and accessibility.