

We're here to Help

Do you struggle with:

- Weight gain
- Maintaining weight
- Nutrition
- Exercise
- Low energy
- Vitamin deficiency
- Body image
- Feeling discouraged
- Hopelessness
- Eating disorders
- Lack of support system

If you answered **yes** to any of these, contact us today!

Alium Health has several programs that could help.

Inspired Passionate Care
for Women



Contact Us

480-750-0095

aliumhealth.com

Convenient Appointment Times

Visit our website
for more information.



Most insurance(s) accepted.



Alium Health™



Weight Loss and Nutrition for Women

Learn to eat the
foods you **love**
while loving the
body you **create!**

Nurturing Weight Loss Program

Our program is personalized to each woman through a combination of:

- Individualized diet and activity care plans
- Medical provider supervision
- Medication management
- Metabolic evaluations
- Grocery support and cooking education
- Licensed Therapists to address habit change
- Weight loss goal rewards



Nutrition Therapy

We offer one-on-one counseling with our registered dietitians who implement evidence-based practices.

Services offered:

- Healthy eating and meal planning
- Maternal nutrition
- Breastfeeding support
- Interpregnancy weight management
- Gestational, Type 1 and 2 diabetes
- Food allergies
- Eating disorders
- Body image



Benefits of Nutrition Therapy

We offer integrated nutrition services to help treat specific medical conditions, manage weight healthily, and to improve your overall well-being through a wholesome diet.

Many experience:

- Higher self-esteem
- Reduced stress
- Improved metabolism
- Better body image
- Improved cholesterol levels
- Blood sugar control
- Decreased digestive problems
- Increased energy levels



Alium Health™

Call us today at 480-750-0095

**We help you get physically,
emotionally and mentally fit.**