We're here to Help

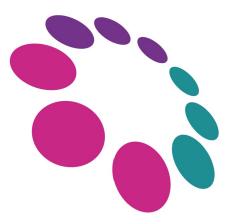
Do you struggle with:

- 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

Convenient Appointment Times

Visit our website for more information.



Most insurance(s) accepted.





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 magagment
- 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
- Interpregancy 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



Call us today at 480-750-0095

We help you get physically, emotionally and mentally fit.