



Emmie Olivas, RD/RDN, CDCES

Registered Dietitian and Certified Diabetes Educator

EDUCATION

Montana State University, Bozeman Montana

Bachelor of Science in Food and Nutrition

Dietetic Internship: Detroit Medical Center

CLINICAL APPROACH

Emmie is a Registered Dietitian and Certified Diabetes Educator who is committed to helping people improve their health through nutrition. She is passionate about functional nutrition and focuses on prevention, when possible, to improve one's health before a chronic condition develops. She has experience in Enteral Nutrition, Cardiac, Diabetes, Bariatric Surgery, Weight Management, Pediatrics, Burn and Trauma, Oncology, and Sports Nutrition working with athletes.

She was inspired to get her CDE license after her father was diagnosed with Type2 Diabetes and knew how much she could help people who have this chronic condition. Emmie understands the importance of Motivational Interviewing when consulting with her patients because it allows the patient to drive the car, and as a healthcare provider, she is just the guide to help get people to their goals. She also focuses on celebrating small goals to maintain engagement and help patients reach their milestones.

ABOUT ME

I have two children, Elijah and Camila and they keep me on my toes and laughing daily. We relocated to Israel in 2016 for my husband's job and it was an amazing experience. I enjoy anything outdoors, being active and spending time with our two dogs, Roxy and Kora.

PROFILE

EMPHASIS

Diabetes
Cardiac
Bariatric
Weight Management
Pediatrics
Telephonic Coaching
Sports Nutrition
Oncology
Burn and Trauma
Enteral Nutrition

HOBBIES

Swimming
Dancing
Bodybuilding/weightlifting
Hiking
Travelling
Spending time with Family
Personal Development
Adventure/trying new things
Visiting Healthy
Cafe's/Restaurants

CONTACT

PHONE: 480-750-0095

WEBSITE: www.aliumhealth.com

EMAIL: office@aliumhealth.com