



Hi, I'm Joy Kiddie and I'm a Registered Dietitian in private practice in British Columbia, Canada. I provide *in-person* low carb / ketogenic services in my centrally located Coquitlam office, as well as by *distance consultation* using telephone, Skype or Google Hangout.

I am registered with the College of Dietitians of British Columbia and while my place of business is in British Columbia, I provide remote services for those throughout the province and beyond.

I offer a variety of services - all of which have as a basis a low percentage of carbohydrates and a high percentage of healthy fats.

There are a variety of approaches available, including a *higher ratio of protein to fat* (LCHP), *higher ratio of fat to protein* (LCHF), as well as a *hybrid approach*.

Which approach is right for you will depend on what your goals are, if you have any metabolic or medical conditions, as well as your lifestyle and dietary preferences. For some people, it may be helpful to start with one approach and modify it as you get closer to meeting your goals. Everybody is different.

The **Complete Assessment Package** is an all-inclusive package for clients who want to eat healthier, lose weight and lower their insulin resistance. This package includes a one hour to one-and-a-half-hour initial appointment to establish dietary goals, collect personal and family medical history, review any recent laboratory test and to conduct a complete food habit and lifestyle review. Based on the information collected, a customized Individual Meal Plan will be designed for you, factoring in your weight management goals. We will meet again for a one-hour Nutrition Education Session for me to review your Meal Plan with you, and to teach you simple, yet accurate ways for you to estimate your portion sizes. With the Meal Plan I'll design for you, there will be no need to weigh and measure food! I'll answer your questions and be available to you afterwards via email to answer any additional ones that you have as you begin to implement your Meal Plan. Be sure to ask me about the Family Discount which is available when additional people from the same family (spouse, children) also take the Complete Assessment Package. Everyone's Individual Meal Plans will be co-ordinated, and the Nutrition Education Session will be a group session. I also offer two LCHF follow-up packages:

The **Dietary Management Package** is a follow-up package for those who've already completed the Complete Assessment Package (or the equivalent on an hourly basis) and would like additional support or 'coaching' as they implement their Individual Meal Plan. This package can be taken as 6 half-hour sessions or as 3 one hour-sessions – or as a combination of a one-hour first session and 4 half hour sessions.

Anti-Inflammatory Protocol (AIP) Package is designed especially for those with inflammatory conditions including chronic pain, arthritis (osteo- or rheumatoid) or one of several auto-immune conditions that result in inflammation. In this package, I will teach you which specific foods promote inflammation and why, and which foods are evidence-based to have anti-inflammatory properties. The goal of this package is to reduce pain and stiffness and lower markers of inflammation.

For those seeking other types of services, I offer the **Customized Nutrition Package** which will be designed in consultation with you.

If you have questions or would like more information, please complete the "**Contact Me**" form located on the web page (www.lchf-rd.com)