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The world of health and wellness is full of magic pills and misleading claims. Counseling and coaching people to achieve their health goals is a challenge because people often seek the easy or quick way. My goal is to help people build a healthy relationship with food, develop a deeper understanding of their body systems, and learn to take care of themselves long term. Nourishing your body to function at its peak is a personal journey and one that is best done with the guidance of a health professional.

Functional medicine approaches the body from the perspective of discovering the root cause of an illness rather than treating the symptoms. Evaluating peoples concerns, symptoms and medical history creates a road map of where to dig for the root cause. Using elimination diets, labs and genetic tests we can explore which foods and practices are best for each individual. Put simply, you are what you eat. What you eat effects the diversity of your microbiome, neurotransmitter levels, inflammatory markers, nutrient levels, and your unique genomic profile. If you need to overcome the common mental, physical or social barriers people face on their journey to their best self its important to have an advocate who can help with a holistic approach. A diet is no longer a meal plan but a flexible guide woven with other good practice such as stress reduction, exercise, sleep, hydration and mindfulness.

