



Nancy Lum, RD, LDN, Owner/President of GIBNC has been practicing since 2001 and has been involved in multiple medical disciplines with a concentration in GI and Bariatric Nutrition since 2002. Nancy developed and oversees the bariatric program at St. Agnes Hospital. Nancy is currently seeing bariatric patients for weight loss and sports nutrition and patients with multiple GI diagnoses, diabetic, cardiac, sports/athletic nutrition, eating disorders and general weight loss patients.

Nancy is also co-founder of STRIVE Motivational Group Therapy, Achieve Nutrition Results Program (ANRP) and Trilogy Transformational Coaching.

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## Services offered:

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### Pre-Surgery Bariatric Nutrition Education Program – [www.nutrition5.com](http://www.nutrition5.com)

This program is for patients preparing for weight-loss surgery and or revision surgery, see below for more information or call 443-490-1240.

- 1) **An initial one hour one on one consultation with the registered Dietitian** to discuss possible trouble areas, calculate individual protein needs, individual weight loss goals, and gets the client off the starting block with what to work on now to begin to get prepared for surgery.
- 2) **An extensive bariatric nutrition education class** on what to expect post-surgery and one year plus out of surgery and what to practice now to be successful long term. It goes over why clients re-gain weight and become malnourished and “HOW TO AVOID” these complications and get the most weight loss. This is the “How, What, When, Where, WHY” class for everything you are being trained to do for long term permanent success. An extensive binder of materials is provided.
- 3) **A Medical Nutrition Pre-op class** which gives very detailed information on what to do for 30 days’ post-surgery with vitamins, food stages, medications, exercise, how to avoid constipation and dehydration post-surgery. A packet of extensive materials is emailed.

### Additional Bariatric Services Provided:

- 4) **Post-Op Transition class.** This class goes over how to advance to solid food, prepare bariatric friendly foods, the foods to avoid for 3 months, the difference between emotional and physical hunger, how to read vitamin and protein supplement labels, other tasty protein and vitamin options and much more. An extensive resources packet is provided via email.
- 5) **Supervised monthly weight loss documentation classes which feed off the bariatric nutrition education class-** This class provides a support group feel to help patient’s brain storm solutions together with the RD each month on what to work on and ways to put new habits into our lifestyles. This will help patients trouble shoot their life hurdles one at a time to be prepared with a plan post-surgery.

## Bariatric Back on Track Program- [www.nutrition5.com](http://www.nutrition5.com)

This program is for patients who are out of surgery one or more years and are re-gaining, plateauing, and/or having medical symptomology of vitamin deficiency.

- 1) **An extensive “Back on Track” bariatric nutrition class-** This class goes over everything that stops weight loss and leads to weight regain, as well as malnutrition. We go over all the necessary habits to master to jump start weight loss and the reasons behind them all so that what clients are working on makes sense. It is addressing everything needed for clients to be successful long term. We discuss extensive nutrition tools, the reasons behind cravings and trigger foods and how to eat to reduce them. The importance behind exercise for permanent lasting weight loss and maintenance, and how the head gets in the way and simple tools to overcome.
- 2) **An initial one hour one on one consultation with the registered Dietitian** to discuss possible trouble areas, calculate individual protein needs, individual weight loss goals, and gets the client off the starting block with what to work on now to begin to work on the problem areas that are creating weight re-gain and or stopping their weight loss.
- 3) **Access to multiple follow up options** from one on one phone or in-person follow ups 30 min or packages, online coaching sessions for labs or (food, exercise, fluid logs or packages), as well as monthly group workshop packages for on-going support.

## ANRP – [www.ANRPtoday.com](http://www.ANRPtoday.com)

ANRP (Achieve Nutrition Results Program) Is a Registered Dietitian private practice dedicated to helping you meet YOUR non-surgical nutrition goals. Our mission is to improve the quality of our clients' lives by empowering them to achieve a healthy lifestyle by focusing on long-term solutions that work in real life, overcome real obstacles and use real food. Our primary goal as nutrition experts is to build long-term relationships with our clients by educating, encouraging, supporting, and leading them on their journey to achieve their health and wellness goals.

Whether you're looking to improve a particular health condition, gain energy, help your family eat healthier or lose weight, we can tailor a nutrition plan that works for you.

- 1) **Nutritional Counseling** – we offer nutritional counseling for patients with multiple diagnosis such as: Celiac Disease, Crohn’s Disease, IBS, Colitis, Cardiac Diseases, Hypertension, High Cholesterol, Thyroid Issues, other GI disorders, Disease Prevention and more. Suffering from **diabetes** and need to learn more about dietary causes for blood sugar spikes, and other health conditions tied to diabetes? ***We can’t sugar coat everything!***
- 2) **Pediatric Nutrition** – We provide nutrition counseling for a variety of health conditions for infants and children, including weight concerns, gastrointestinal disorders, poor growth and failure to thrive, picky eating, food allergies, irritable bowel syndrome and altered nutrition-related lab values. We’ll make sure you have a good understanding of your child’s nutrition requirements as well as strategies to help your child learn to eat the amount of food that’s right for her and grow up to have a healthy relationship with food and her body.
- 3) **Diabetes Education** – for patients seeking nutrition education to control their diabetes.
- 4) **Sports/ Athletic Nutrition** – designed for patients looking to improve their athletic performance, how to properly fuel your body and information on supplements. Are you an **athlete** that wants to incorporate a healthy lifestyle into your workout routines to optimize your performance and fuel your body properly? ***Your body is a finely tuned machine, give it good fuel and it will take you places! Let us help you learn how to eat like an athlete.***

- 5) **Healthy Eating & General Weight-Loss Education** - For patients who have not had and are not seeking weight-loss surgery that are looking to lose weight. Want to learn more on how to eat healthy to reduce or rid yourself of **health conditions** like high cholesterol and high blood pressure. The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison. ***Learn how to avoid the pharmacy and depend more on the FARMACY!***
- 6) **Individual Follow Up package**. If you want to continue seeing the dietitian one on one regularly we offer a package of three 30-minute follow ups, to be attended in a 12-month period.
- 7) **Group Follow-Up Workshops**. If you prefer the group setting and would like to continue being educated in a group setting, we offer a package of three workshops.

STRIVEMD – [www.StriveMD.com](http://www.StriveMD.com)

At STRIVE we combine cognitive behavioral and nutrition therapy, in a group setting, to get at the "head-piece" behind weight-gain. We focus on nutrition, lifestyle and behavior modification to get at the root cause of eating habits.

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*Additional Services Available for Established\* Patients:*

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**Follow-Up Appointments** – for established patients that wish to follow-up with us on the phone or in person.

**Online Coaching** – for established patients that would like help with weight-loss plateaus and re-gaining weight through food/exercise log reviews. We also offer online coaching for lab work reviews to help avoid nutrition and vitamin deficiencies. Call 443-490-1240 for more information.

\*An established patient is defined as one that has seen a GIBNC or ANRP dietitian individually within the last 12 months.

**Call 443-490-1240 for more information and scheduling!**