

# Nutrition DiscoverD®

## Discover Your Strength Within

At Nutrition DiscoverD®, we provide personalized, weight-inclusive, non-diet treatment plans to enhance your relationship with food, energy levels, body image, sports performance, and overall health. Our approach challenges the diet mentality, offers nutrition education, and fosters a positive connection with food, body, and movement.

### Meet the Team



**MARY-LAUREN  
SHELTON VISE**  
RDN, LD, CEDS (owner)



**NOEL BARRILLEAUX**  
MS, RD, CSSD, LD

#### Our Team Provides:

Individual Support

Group Programs

Non-Diet, Weight  
Neutral Approach

Virtual and In-Office  
Appointments

### Counseling Specialties

- Eating Disorders
- Disordered Eating
- Sports Nutrition
- Relative Energy Deficiency in Sports (RED-S)
- Polycystic Ovary Syndrome
- Women's Health
- Intuitive Eating
- Medical Nutrition Therapy
- Family Nutrition
- Body Image

[www.nutritiondiscoverd.com](http://www.nutritiondiscoverd.com)

# Nutrition DiscoverD<sup>®</sup>

## Eating Disorder Nutrition Counseling

**~30  
MILLION**

Americans will have an eating disorder in their lifetime

**<6%**

of individuals who have an eating disorder are 'underweight'

**98%**

of eating disorder patients also have a gut disorder

## Sports Nutrition Counseling

**1/5**

male athletes suffer from an eating disorder

**3/4**

student-athletes do not meet their daily nutrition needs

**~80%**

of elite sportswomen struggle with body image

## Women's Health Nutrition Counseling

**91%**

of women are unhappy in their bodies & engage in chronic dieting

**60%**

of women with PCOS meet the criteria for binge eating disorder

**70%**

of PCOS patients have insulin resistance

**CONTACT US FOR A FREE CONSULT**

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