



MICHAEL ANDERSON

Integrative Nutrition Consultant

Expert Clinical Nutrition Consultant with a focus on integrative and functional nutrition, blending traditional dietary practices with holistic approaches to promote overall health and well-being. Proficient in assessing complex health conditions and formulating comprehensive nutrition plans that address both symptoms and root causes. Demonstrated success in guiding clients through dietary changes that enhance their quality of life and support disease prevention.

CONTACT

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- San Francisco, CA

EDUCATION

Master of Science in Integrative Nutrition

University of Holistic Health
2016-2020

SKILLS

- Integrative nutrition
- Functional assessment
- Personalized dietary planning
- Client education
- Community outreach
- Research

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Integrative Nutrition Consultant 2020-2023

Holistic Health Center

- Conducted detailed health assessments to inform personalized nutrition strategies.
- Developed integrative dietary plans that support overall wellness.
- Collaborated with healthcare providers to create comprehensive care strategies.
- Facilitated workshops on holistic nutrition practices.
- Utilized functional lab testing to identify nutrient deficiencies.
- Monitored client progress and adjusted plans based on outcomes.

Clinical Nutrition Consultant 2019-2020

Functional Nutrition Solutions

- Provided individualized nutrition counseling focused on root cause resolution.
- Designed educational programs on integrative nutrition for clients and practitioners.
- Engaged in research to stay abreast of emerging trends in functional nutrition.
- Developed resources for clients on dietary changes and lifestyle modifications.
- Conducted cooking classes to demonstrate practical applications of nutrition.
- Participated in community outreach to promote holistic health initiatives.

ACHIEVEMENTS

- Increased client satisfaction ratings by 35% through personalized services.
- Recognized as a leader in functional nutrition by the Integrative Health Association.
- Developed a successful online course on integrative nutrition that attracted over 500 participants.