

# MICHAEL ANDERSON

Integrative Nutritionist

- San Francisco, CA
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Proficient Registered Dietitian with a focus on integrative and functional nutrition. Possesses a strong foundation in holistic approaches to health and wellness, emphasizing the interconnectedness of diet, lifestyle, and overall well-being. Demonstrates expertise in assessing dietary patterns and providing personalized nutrition plans that address underlying health issues. Recognized for developing innovative programs that integrate nutrition with complementary therapies.

## WORK EXPERIENCE

### Integrative Nutritionist | Holistic Wellness Center

Jan 2022 – Present

- Developed personalized nutrition plans focusing on integrative health.
- Conducted comprehensive dietary assessments to identify health concerns.
- Collaborated with holistic practitioners to enhance patient care.
- Facilitated workshops on integrative nutrition and wellness.
- Monitored client progress and adjusted plans based on outcomes.
- Created educational resources on functional nutrition principles.

### Clinical Dietitian | Wellness Medical Group

Jul 2019 – Dec 2021

- Provided nutrition counseling for patients with chronic health conditions.
- Developed integrative health programs that included dietary and lifestyle modifications.
- Participated in interdisciplinary meetings to discuss patient health.
- Created educational materials on the benefits of integrative nutrition.
- Conducted follow-up assessments to monitor patient compliance.
- Engaged with community members to promote holistic health initiatives.

## SKILLS

Integrative Nutrition

Functional Health

Personalized Diet Plans

Workshop Facilitation

Holistic Assessment

Patient Education

## EDUCATION

### Master of Science in Integrative Nutrition

2016

University of Holistic Health

## ACHIEVEMENTS

- Increased client adherence to dietary recommendations by 40%.
- Developed a community program that improved dietary habits among participants.
- Recognized for excellence in integrative nutrition at the National Holistic Health Conference.

## LANGUAGES

English

Spanish

French