



PRIVATE SPECIALIST DIETETIC SERVICES

Jo Beer BSc (Hons) BSc (WA) **Grad Dip Diet APD AN CDE**

DIETITIAN AND NUTRITIONIST
Credentialed Diabetes Educator

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Jo has been practicing dietetics from many years in both private practice and in the clinical hospital setting as a senior dietitian. Specialising in diabetes, renal, GI issues (FODMAPs), sports dietetics and weight loss, Jo offers the latest evidence based guidelines to help her clients reduce the risk of co morbidities and complications, successfully lose weight and optimise health. Utilising local produce, food suppliers and other professionals Jo offers a complete lifestyle package to revitalise her clients to achieve their best.

Services include:

- Specific customised consultations tailored to the individual
- Dietary management, weight loss strategies and goal setting
- Blood tests explained and key nutrients identified to improve health
- Understanding food panels
– sorting fact out from fad
- Shopping tours and home visits
- Optimising metabolism, health outcomes and wellbeing
- Developing mindfulness and motivation
- Professional guidance with specific programs including intermittent fasting, the 5 and 2 program and FODMAPs
- Setting life goals and health trackers

“Eat good feel good”

Jo has a Medicare provider number and can accept patients on a Chronic Disease Allied Health (Individual) Service under Medicare, as well as DVA members and can also offer rebates to patients with appropriate private health funds.



INITIAL CONSULTATIONS
allow 60 – 90 minutes

\$195

REVIEW CONSULTATIONS
allow 30 minutes

\$75