



the **wellnessphilosophy**

nutrition assessment | counseling | wellness

STACI SMALL | M.A., R.D.

REGISTERED DIETITIAN

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Welcome to The Wellness Philosophy Inc.

The Wellness Philosophy Inc. is a nutrition and diet consulting practice owned and operated by Registered Dietitian, Staci Small M.A., R.D. Servicing the Indianapolis and surrounding Central Indiana areas, The Wellness Philosophy provides individuals and families with nutrition care, intervention and monitoring to allow the body to optimally function and heal.

Whether your goal is to **learn about proper nutrition**, help your child with **developmental delays** (Autism/ADD/ADHD), assess and treat **food allergies**, overcome **Candida** (yeast overgrowth), or treat **Irritable Bowel Syndrome (IBS)** we are trained to help you.

We specialize in helping children and families dealing with Autism Spectrum Disorders (ASD) through the Defeat Autism Now!® (DAN!) nutrition approach, as well as people of all ages dealing with chronic Candida.

The Wellness Philosophy employs multiple assessment tools to help determine nutrition status of the body. We employ various assessments in the form of health histories, food journals, biochemical testing as well as food sensitivity testing to obtain the clearest picture of the cause of an individual's health problems.

Once assessment is complete, a detailed nutrition care plan is developed by a Registered Dietitian to guide your individual situation. A nutrition care plan may include directives regarding the types of food eaten, amounts eaten, timing of meals, as well as supplementation to give the body the vital nutrients it needs to thrive and heal.

In addition to assisting individuals, The Wellness Philosophy works with **corporations** to meet their health and wellness goals.

About Staci Small | M.A., R.D.

Registered Dietitian

Staci Small M.A., R.D. is a Registered Dietitian providing medical nutrition therapy to clients of all ages and conditions. Staci completed both a Bachelor's Degree and Master's Degree in Nutrition and Dietetics from Ball State University. She is approved by the American Dietetic Association as well as the Commission on Dietetic Registration to practice clinical nutrition. Before working in private practice, Ms. Small worked as a Clinical Research Dietitian for the Indiana University School of Medicine and in public health as an educator and media spokesperson.

Over the years, Staci has appeared on numerous television newscasts, television interviews, radio broadcasts and print based media. As a lecturer, she has delivered countless presentations to corporate and community groups on health and wellness topics.

Ms. Small is trained by the Autism Research Institute to practice the **Defeat Autism Now!®** nutrition approach and is active in the Autism Research Nutrition Group and many local autism support initiatives.



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Women's and Adult Nutrition Services



Food Allergy / Intolerance Consultations (\$95)

Many adults are commonly misdiagnosed with other ailments when a food allergy or intolerance is the culprit. Meet with a Registered Dietitian who can guide you to answers and relief for your personal situation. After a review of your medical history and symptoms, we will determine the best plan of action. Food allergy testing is available and may be advised. Once testing is complete, temporary or long term dietary modifications may be recommended to ease your symptoms.

Candida (Systemic Yeast Overgrowth) Consultations (\$95)

Want a clear answer to your Candida issues? In this session, we will review your personal health history and Candida symptoms, as well as evaluate if lab testing is beneficial. If lab testing is necessary, a follow-up appointment is recommended to discuss results as well as your individualized care plan.

Celiac Disease: Gluten Free Diet Consultations (\$95)

Trying to implement a gluten free diet can be very challenging. Meet with a Registered Dietitian who understands these challenges first hand. After reviewing your personal history, previous diagnosis, as well as your goals, we will determine the best plan for you. Follow-up is usually necessary to monitor diet modifications.

Prenatal (Pregnancy) Diet Consultations (\$95)

Useful for women who are thinking of starting a family or who are already expecting. An individualized nutrition care plan will be provided with recommendations to help give your baby the best start possible.

Postnatal (Post-Baby) Diet Consultations (\$95)

Now that you have your new bundle of joy, the work really begins. Ready to take off the baby weight but don't know how? We will prepare a plan that's just for you, developed by a Registered Dietitian and mom who's been there and understands.

Irritable Bowel Syndrome (\$95)

Let us get to the root of your IBS problems. We will review your medical history, daily food intake and perform a complete nutrition assessment. We may also use laboratory testing to help you find the best care plan.

Proper Nutrition & Weight Loss Consultations (\$95)

For those interested in losing weight, our initial meeting will address the client's concerns, health history, current eating habits and weight loss goals. Recommendations for a weight loss plan will be generated to begin your journey toward optimal health. Follow-up and coaching sessions will be determined at the conclusion of this consultation.

Diet and Meal Plan Development (prices vary)

We will perform a complete nutrition assessment, personal health history and evaluation to determine if diet modifications would be beneficial. If it is found that dietary adjustments are advisable, we will work together to develop the best plan. An individualized daily meal plan will be developed with your specific goals in mind.

Grocery Store Tours (prices vary)

Take an individual or group grocery tour with a Registered Dietitian. Special diets require thought and creativity. You will be introduced to an array of appealing products and recipes to help you ease into your new lifestyle. Clients may bring along their weekly grocery list and shop with assistance from a Dietitian during individual tours. Tours begin at a designated appointment time and last one to two hours. Group discounts are available. Beyond the health and wellness tour described above, additional tours are available catering to specific diet needs including:

- 🌀 Gluten Free/Casein Free
- 🌀 Specific Carbohydrate Diet
- 🌀 Organic Living
- 🌀 Food Allergies
- 🌀 Candida
- 🌀 Diabetic lifestyle





Children's and Special Needs Nutrition Services



The Nutrition Link to Autism Spectrum Disorders; ADHD

Current statistics show that **1 in 91** children in the United States are diagnosed with autism. The rate of diagnosis in boys is **1 in 58**. Children with autism usually have mild to moderate nutrition issues. These nutritional deficiencies can cause havoc in children's growing bodies and minds, which can negatively affect growth, sleep, behavior and overall health. Children with Autism, ADHD and special needs require good nutrition and absorption for optimal function and growth. Correcting nutrition issues can give a child relief from unnecessary suffering and bring comfort back into the life of the whole family. Practitioners around the country are seeing positive results using specific nutrition interventions in children with autism and other developmental delays.

The Defeat Autism Now![®] Nutrition Approach Practiced by Registered Dietitian, Staci Small M.A., R.D.

The **Defeat Autism Now![®]** approach as well as many **Defeat Autism Now![®]** doctors will recommend adjustments to a child's nutrition before progressing to additional medical treatments. Practitioners have seen better results with biomedical interventions once nutritional deficiencies are corrected and the overall health of the child is more stable.

Common Improvements Found with Nutrition Intervention in Children with Autism and ADHD: Behavior and social; Sleep patterns; Bowel health; Growth; Weight gain; Fewer infections; Happier, healthier child and family.

Early intervention is key to the healing and recovery of children with autism and other special needs. If you are currently trying a special diet with your child and not seeing results, there may be pieces missing from the puzzle. Before beginning any nutrition adjustments to your child's diet, it is imperative that a complete nutrition assessment is performed to maximize safety and effectiveness. As you may have already discovered, it can take eight to twelve months on a waiting list to see a **Defeat Autism Now![®]** doctor. Staci Small M.A. R.D. is a Registered Dietitian that is trained in the **Defeat Autism Now![®]** approach and is ready to address your child's nutrition needs immediately.

Autism, ADHD and Special Needs Diet Consultations (\$95)

Nutrition care is vital to the health and well being of children with Autism Spectrum Disorders (ASD), ADHD and other special needs. Meet with a **Defeat Autism Now![®]** trained Dietitian to help. A detailed nutrition assessment will be completed by a Registered Dietitian. Once evaluation is complete, an individualized nutrition care plan will be developed for your child. This may include lab testing, diet changes, intake adjustments and/or supplementation. We will work together to determine the best course(s) of action for you and your family. Follow-up appointments are necessary to monitor progress and make adjustments as needed. The client will provide requested preliminary data before the initial session.

Gluten Free/Casein Free (gf/cf) or Specific Carbohydrate Diet Consultations (\$95)

Trying to implement a gluten free (gf/cf) diet or specific carbohydrate diet for your child can be very challenging. Meet with a Registered Dietitian who understands these challenges first hand. After reviewing your child's medical history, previous diagnosis as well as your goals, we will determine the best plan for your child. Follow-up is usually necessary to monitor diet modifications.

Pediatric Intake and Growth Assessment (\$95)

Useful for parents who are concerned that their child isn't reaching growth milestones or consuming the right types and amounts of food. This in-depth consultation includes a thorough nutrition assessment, review of feeding history and food intake journal for children of all ages and needs. Recommendations are given for total daily nutrient intake as well as other modifications if necessary.

Supplements, Enzymes, and Laboratory Testing

The Wellness Philosophy offers a wide range of supplements, vitamins, and enzymes from today's leading manufacturers. Additionally, we offer numerous forms of laboratory testing to offer a clearer picture of your child's symptoms.

