

GO YOU! NUTRITION COUNSELING

Empowering YOU to Form Healthier Habits



JENNIFER HANES MS, RDN, LD

Jennifer Hanes is a registered dietitian located in Lewisville, TX. She has a special interest in the bidirectional relationship between nutrition and mental health.

She has professional experience in mental health facilities including in-patient psychiatric hospitals, residential addiction rehabilitation facilities, and outpatient care.

Research on nutrition and mental health is a new frontier, and she is an avid learner of this exciting new topic.

CONTACT INFORMATION

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RECENT PUBLICATIONS

From the Abstract:

There are "potential opportunities to implement new effective dietary, pharmacological, therapeutic, and above all preventive interventions.

The highest therapeutic potential is seen in the rational diet, physical activity, use of psychobiotics, and consumption of antioxidants.

Research also shows that there are nutritional interventions that have psychoprotective potential."

Ribeiro, Gabriela^a; Ferri, Aimone^a; Clarke, Gerarda^b; Cryan, John F.^{a,c}. Diet and the microbiota-gut-brain-axis: a primer for clinical nutrition. *Current Opinion in Clinical Nutrition and Metabolic Care*: November 2022 - Volume 25 - Issue 6 - p 443-450
doi: 10.1097/MCO.0000000000000874

JOIN MY REFERRAL NETWORK!

At Go You! Nutrition Counseling, we strongly believe in the power of communication between every member of a patient's health care team.

We also believe in the importance of referral between professionals of other specialties, when warranted.

For this reason, we are always trying to expand our network of health and wellness professionals, across a wide variety of patient needs.

If you feel like we would make a great team and enhance the care of our patients, please feel free to reach out to me and I'll add you to my list!

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"ONE THING TO REMEMBER: EVEN BEFORE YOU SET AN INTENTION, YOU NEED TO MAKE SURE THAT YOU BELIEVE IN IT,

THAT YOUR HEART IS IN IT, AND THAT YOU CANNOT BE SWAYED BY THOSE WHO HAVE OTHER BELIEF SYSTEMS.

ALSO, YOUR INTENTION SHOULD BE IN LINE WITH YOUR LIFE PURPOSE, I.E., THE DIRECTION YOU WANT YOUR LIFE TO TAKE."

DIANA RAAB PH.D.



QUICK NOTE

Too large goals, unrealistic expectations, and fad diets are huge this time of year.

While many of our clients start off super motivated and excited about their resolutions, fad diets, lack of sound nutrition resources, and an inability to achieve perfection lead them to feel guilty and frustrated come February or even mid-January.

I work with my clients to set time-sensitive, realistic goals to improve their health in a sustainable way.

ON THE BLOG

Since sources of nutrition red flags are particularly loud this time of year, it's a good time to remind ourselves how to identify nutrition red flags.

To learn more, visit:
<https://goyounutrition.com/nutrition-red-flags/>

Brief Synopsis:
#1 The Quick Fix
#2 One Size Fits All
#3 Too Good To Be True
#4 Advice That Conflicts With Most Scientific Bodies
#5 "Your Doctor Doesn't Want You To Know"

And more...

