

March 2014

We are going with a different e-newsletter format this issue. Given that March is [National Nutrition Month](#), we want to offer a more macroscopic view of nutrition by reflecting back on some of our blogs and columns that best convey our nutritional philosophy and approach. Enjoy!

Thanks,
Jonah Soolman, Registered Dietitian / Co-Owner

What Makes Us Different

Regardless of where you are at in terms of your readiness to change, we meet you where you are and help you move forward. [Read More](#)

What Is the Difference Between a Nutritionist and a Dietitian?

Anybody can call themselves a Nutritionist. You are a Nutritionist. So is your infant. And your dog. [Read More](#)

He Said, She Said: Weight Management

Weight concerns are one of the main opportunities for improvement that bring people to our practice. Our approach may ring true for you or elicit skepticism. [Read More](#)

Confusion

The pressure to be first and to accumulate clicks, retweets, and Facebook likes is king while the responsibility to be accurate gets lost in the shuffle. [Read More](#)

The Wrong Idea

We have been told that weight loss is essential for health, and only if we are at the "right" weight will we live long and healthy lives. And up until about five years ago, I would have agreed. [Read More](#)

Orthorexia

Dr. Steven Bratman coined the term "orthorexia" to mean an unhealthy obsession with healthy eating. [Read More](#)

He Said, She Said: Should You Go Paleo?

Even if you have not tried to "go Paleo" yourself, you at least know someone who has. [Read More](#)

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Medical Leave

Dietitians, just like everybody else, have their own health woes. Jonah will be out of the office for the next few weeks while undergoes [surgery](#).

He looks forward to seeing both new and established patients when he returns to the office in mid-April.

Meanwhile, Joanne will be covering for him in his absence. His patients are encouraged to [book appointments](#) with her in order to keep up the momentum of their care.

Wellesley Business Spotlight

Who we are, what we do, and how we do it.

