

# NUTRITIONAL THERAPY



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## **Debbie Reynolds Hughes MSN, PMHNP, FNP, BC**

*Debbie received her master's of science in nursing from the University of Nebraska Medical Center. Her specialty areas are Psychiatry and Family Practice. She trained in a dual track program that emphasized holistic care by treating the patient's physical and psychological needs simultaneously. She is board certified by the American Nurses Credentialing Center as a Psychiatric Nurse Practitioner and also with the American Academy of Nurse Practitioners as a Family Nurse Practitioner.*

*As a holistic practitioner, Debbie offers a variety of services for the entire family, including medical and psychological diagnostic evaluation, medication management, weight loss, counseling and wellness coaching. One of Debbie's focus areas is treating men and women's hormone imbalances with the use of bio-identical hormones. She also specializes in diagnosing and treating nutritional deficiencies. Debbie has over 25 years of experience as a healthcare professional with her focus on keeping patients well and preventing the onset of chronic disease.*

**Schedule Your Appointment with Debbie TODAY!**  
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### **Q What is the importance of testing for nutritional deficiencies?**

**A** Hippocrates once said "let your food be your medicine". Unfortunately, our food supply is deficient of many vitamins and minerals, partly due to the soil being depleted of vital nutrients. Even with a perfect diet, one would not get all the nutrients required.

### **Q What are some of the symptoms of nutritional deficiencies?**

**A** Most people know Vitamin C deficiency causes scurvy or a lack of vitamin D causes rickets, but being deficient in many other nutrients can cause multiple symptoms. Dermatitis, fatigue, insomnia, depression, anxiety, and constipation are just a few of the more common symptoms. Many people have nutritional deficiencies and don't know it.

### **Q Once a deficiency is diagnosed, how long does it take to replace the nutrient?**

**A** Vitamin D is a good example and most people in Nebraska are deficient. A high dose is prescribed once a week for 12 weeks usually corrects the deficiency, then a lower daily dose is sufficient. Some deficiencies may take longer.

### **Q If interested in Nutritional therapy, what is the process?**

**A** The first step is to schedule an appointment for an initial consult. After reviewing the health history it will be determine what testing needs to be done. A follow up appointment will be scheduled to go over laboratory results and if a deficiency is diagnosed, nutritional therapy will be initiated the day of the follow up appointment.

### **Q Once on nutritional therapy, then what?**

**A** It is important to be on a total wellness program, and specific recommendations will be made at your initial appointment. The nutritional deficiencies will be reassessed in 3 months to assure that you have attained proper levels. It is important to know that too high of nutrient levels can sometimes cause symptoms that mimic too low of levels. That is why it is important to consult your health care provider about any supplements.