

Harmony With Food™ Introduces the Bio-unique Boutique™ Program.

Harmony With Food™ is a leading medical nutrition therapy practice and is proud to announce the launch of its latest offering – The Bio-Unique Boutique™ a personalized nutrition program.



East Providence, Rhode Island Apr 27, 2023 ([IssueWire.com](http://www.IssueWire.com)) - Harmony With Food™ is a leading medical nutrition therapy practice and is proud to announce the launch of its latest offering – The Bio-Unique Boutique™, a personalized nutrition program. The motto at Harmony With Food™ is “Test Do

Not Guess". Using Microbiome, Genomes, Food Sensitivity, Food Additives, and Micronutrient testing to determine what foods we should or should not be consuming.

Personalized Nutrition is based on the concept that "One Size Does Not Fit All." Differences in genetics, prenatal experience, health history, lifestyle, nutrient intake, biochemistry, metabolism, and our microbiomes contribute to individual differences observed in response to therapeutic diets, nutrition, nutrition status, the timing of eating, stress responses, and chemicals in our food and household products.

This means our genomes, biochemistry, metabolism, and microbiome are different. The principles of the Biounique Boutique™ involve an understanding of chronic diseases, individualized biochemistry and how food is metabolized differently for everyone, assigning therapeutic diets, and developing individualized nutrition strategies that are customized to each person's individual needs.

Consumers are becoming educated about nutrition, and there is a growing demand to dig deeper. Conventional medical doctors are not trained in nutrition, the microbiome, genomes, micronutrients, food sensitivities, or intolerances. Love them, have worked with many, many wonderful Physicians and other healthcare workers. I always say "It is great to know that you do not have cancer," but it does not have to end there. If you have been given a generic diagnosis by exclusion (aka: a determination made by ruling out those diseases to which only some of the patient's symptoms might belong, leaving one disease as the most likely diagnosis, although no definitive tests or findings establish that diagnosis.) For example, maybe you have been scoped every which way you could be by a Gastroenterologist. Only to find out that you have IBS, IBS-C, IBS-D, or IBD. So now what? That is where functional nutrition comes in. Learn more about the testing [HERE](#). Studies show that 1 out of 7 Americans have a food sensitivity they are unaware of. People suffer from ailments attributed to food sensitivities, malabsorption, malnutrition, and more, such as Weight Loss Resistance, Constipation, Bloating, Gas, Joint Pain, and Fatigue.

Harmony With Food™'s Biounique Boutique™ program is personalized nutrition at its best. A comprehensive program focusing on nourishing the gut with nutrient-dense foods and nutraceuticals, promoting digestive health, preventing weight loss resistance, and improving inflammation and brain health.

"We are thrilled to introduce our Bio-unique Boutique program to Rhode Island," said Harmony With Food™ founder Registered Dietitian and Functional/Nutritionist Meg Marie O'Rourke stated, "Digestive issues, Weight Loss Resistance, Food Sensitivities/Intolerances are a common problem for many people, and we believe that food can be a powerful tool to improve gut health weight loss resistance, fatigue and joint pain and overall well-being via personalized nutrition strategies."

Harmony With Food's Gut Health Food Plan is now available to individuals and families in Rhode Island and throughout the United States. Meg offers a free 45-minute call to determine if testing could be of benefit to you. Schedule that [HERE](#).



Media Contact

Harmony with Food

harmonywithfood@gmail.com

+1 401-245-8784

250 Wampanoag Trail, East Providence, RI 02915, United States

Source : Harmony with Food

[See on IssueWire](#)