

I. NUTRITIONISTS: JOB DESCRIPTION

Listen and answer the questions below:

1. What is the main requirement for a person to become a nutritionist?
 2. What does she typically do in the morning?
 3. What does she do in the afternoon?
 4. How long does the initial consultation take?
 5. She develops a holistic plan for her clients. Which three aspects does it include?
 6. Which other jobs does she mention in comparison with the job of a nutritionist?
 7. Why did she mention them?
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II. NUTRITIONISTS: TOOLS

8. What tools are mentioned to be important for a nutritionist to use? Why (give reasons)? Take notes.

TOOLS	WHY (REASONS)

I. NUTRITIONIST: JOB DESCRIPTION

"A nutritionist is somebody that studies nutrition. But when it _____¹ to a professional career as a nutritionist, a nutritionist is actually legally bound to be a licensed nutritionist before they call themselves a nutritionist. So every state has different licensing _____² and you need to become a licensed nutritionist to call yourself a nutritionist. Now what does a nutritionist do every day, again there is different types of job description that each nutritionist have, has. But I can tell you a little bit about what I do everyday. I _____³ start off my job at home and I work in my home office answering emails, returning phone calls, updating my web site to make sure that products I have available are reflected properly and any new research updates that I get in each week get posted on my website for review for my _____⁴ and then typically in the afternoons I see clients in my office. And I basically see a client for about two hours a piece for the initial consultation and I go through with them their entire health history as well as what they do every day, what they eat, what time they wake up and when they go to bed. What their sleep _____⁵ are like, what their exercise patterns are like, if they have them. And we develop together a plan for them of kind of a holistic plan starting with a meal program and also including exercise goals and a supplement program. Being a nutritionist compared to other jobs in our _____⁶, I think of other practitioners in my field as people like personal trainers, people like acupuncturists helping somebody to become healthier. Physicians helping diagnose what might be wrong with the patient. Looking at their _____⁷, through a colonoscopy or whatever it might be. Measuring their lab values and so nutritionists is always basically working as part of a team with other members of the medical team and other members of the _____⁸ health team, even if we are not talking to them everyday, we are part of that team, and we are helping that patient in our capacity which is nutrition."

II. NUTRITIONIST: TOOLS

"The most important tools to use as a nutritionist are all of your sensory and your organ systems so especially your brain I _____¹ is important. You are always needing to use your eyes to observe what person is saying is really accurate and you can get visual clues through that. Other visual clues that you can get _____² being a nutritionist and really using your eyes are how healthy a person looks, what does their skin look like, what do their eyes look like, what is their energy, what type of energy levels do they have? So these things are very important. Other tools that I think are _____³ important as a nutritionist are to use, there is different diagnostic equipment that you can use. Some things that I personally use are a BIA machine which is a Bioelectrical Impotence Analysis. It helps measure the person's body fat, versus their lean body mass, versus their hydration so you really know instead of looking at just a scale _____⁴ is another tool that we use and looking at a number, say it is 130 pounds, by using a BIA machine you can actually find out well what percentage of that is really water and what percentage of that is lean body mass and what percentage is fat and it is quite accurate so it is a great _____⁵ to use. Another fairly new modern tool that we are using in the field now is an antioxidant measuring device so you can actually take a patient and have them _____⁶ their finger into this noninvasive structure and measure how many antioxidants they have in their body so that is great. Other tools that I use on a very daily basis are my computer, using the internet to research. I am set up with different websites that send me weekly research updates. I am using books to find diagnostic surveys that you can find out whether a person is deficient in certain vitamins, deficient in minerals. There is also computerized tools to help you find out more about what deficiencies _____⁷ exist in your patients."