

NELMS NUTRITION

Paula Nelms

BY STEVE GAMEL

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Paula Nelms has been in your shoes. Just six years ago, Nelms, a Rockwall resident for 18 years, ate whatever she wanted and barely knew the difference between real and processed food or what proper nutrition should look like. Reading nutrition labels was also like trying to decipher a foreign language. As a result, she was overweight and heading in the wrong direction health-wise. That is until she did what many people in her situation struggle with – making a complete dietary lifestyle change.

Not only did she find what worked for her, thanks to hours upon hours of evidence-based research and plenty of trial and error, but losing weight and feeling better lit a fire in her to go back to school to become a nutritionist so she could pass on the right information to others. Fast forward to today, and Nelms is a functional medicine nutritionist and the owner of Nelms Nutrition.

“I feel bad because nutrition information in our country is confusing, and everyone has a different opinion on the best way to eat and live healthily. Thus, too many people are led down the wrong path and become overwhelmed,” Nelms said. “On top of that, changing what you eat is challenging. You can feel great about it one day, and the next, you’re not as confident. I make sense of it for you. I meet people where they’re at and help them identify potential root causes for what they are going through.”

Functional medicine is an approach to healthcare that focuses on identifying and addressing the root causes of disease rather than just treating various symptoms. Root causes can include genetics, but Nelms said what you eat and drink, how much you are moving, and stress are often at the heart of many

health issues. And of those factors, one of the most powerful ways to improve your health is to change what you put in your mouth. While adding a few new supplements or a new exercise program may be beneficial, the most dramatic improvements occur when transitioning toward eating more nutritious, whole foods.

Nelms Nutrition offers interactive, hands-on guidance for healthful grocery shopping, meal planning and preparation, and cooking. Nelms also works alongside your doctor to manage various health conditions through proper nutrition and lifestyle changes. There is no cookie-cutter approach. Each client receives a thorough 90-minute evaluation on their first visit and a comprehensive plan of attack that cuts through the noise and caters to what makes the most sense for your short- and long-term goals.



“I rely on creating a personalized experience, and I’m very thorough. I give my clients a lot of attention and follow-ups, and when it comes to their health and staying on track, that approach is important. Some are ready to make wholesale changes, and others are only ready to dip their toe in. Being able to help is exciting to me.”

CONTACT

(214) 771-6143
NelmsNutrition.com