

Alison Friesen BSc, RD
Registered Dietitian & Online Nutritionist



NUTRITION CONSULTING INC.

**Specialty: Disordered Eating, Mental Health,
Sports Nutrition & Fertility**

Empathy and kindness are two things you will notice about Alison, oh, and her love of good food and sport! Alison is known for her client-centered approach that looks at a person as a whole in all aspects of physical, mental and spiritual health. She uses a blend of nutrition research and behavior change principles to help individuals create meaningful and lasting change. While she has diverse experience in a wide range of areas, she specializes in eating disorders (such as anorexia, bulimia and binge eating disorder) as well as sports nutrition and fertility. She is compassionate and certainly won't expect you to be perfect in your journey to achieve a healthy pregnancy, recover from an eating disorder or improve sports performance. She is passionate about helping you find peace with food (including soulful foods chosen for taste such as her favorites like a bowl of buttery popcorn or a burger with fries).

Alison grew up in Cochrane Alberta playing sports competitively starting from a young age. This background allowed her to understand the importance of fueling her body to improve energy and performance. After attending the University of Saskatchewan she worked full-time for the Sport Medicine and Science Council of Saskatchewan. This allowed her to work with a large range of competitive athletes including national level teams, Paralympic athletes, the NHL/WHL as well as University, provincial and club sport teams. This gave Alison a wealth of experience and sparked her to start her own private practice in Saskatoon.

As Alison continued to work in the area of women's health and sport nutrition, she saw some of the great challenges athletes face, specifically in the area of mental health. This pushed her to work with more clients struggling with their relationships with food and body while still understanding the desire to compete as an athlete. She even started a podcast, The Warrior, with hopes to inspire and educate individuals with stories from those who have overcome significant challenges.

Alison has a Bachelor of Science in Nutrition from the University of Saskatchewan and completed her accredited dietetic internship through the Saskatoon Health Region. She is registered with the Saskatchewan Dietitians Association (SDA) and College of Dietitians of Alberta. She is also a member of the Professionals in Nutrition for Exercise and Sport (PINES), Dietitians of Canada Sports Nutrition Network, Saskatoon Weight Attitudes and Disordered Eating Committee and the International Federation of Eating Disorder Dietitians (IFEDD).

Alison is currently working towards her certification as a Certified Craving Change™ Facilitator specializing in strategies for problematic and emotional eating. She is also currently taking her Master's of Counseling Psychology through Providence Seminary to fulfill her goal of working as both a Dietitian and Psychologist to better support her clients.

When Alison is not working, she is a mom to a vibrant and strong little girl. She has stayed a sport enthusiast enjoying swimming, volleyball or snowboarding (or really any new sport introduced to her). She now gets to introduce all these sports to her daughter too.



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