

Olivier Yergeau BSc, RD

Registered Dietitian & Online Nutritionist



NUTRITION CONSULTING INC.

Specialty: Digestive health, vegetarian diets, weight concerns, chronic disease (cardiovascular, liver, and kidney disease, diabetes), sports nutrition, geriatrics

When you ask colleagues how they would describe Olivier, they say he is both detail oriented when it comes to solving complex health issues yet practical and personable in his approach to counseling his clients. As a vegetarian for over a decade and with family members that love meat, he always finds creative ways for families to be successful in diverse eating styles. He offers a lighthearted and understanding approach to assisting his clients with lifestyle change and loves helping his clients feel better in their own skin.

Olivier was born and raised in the province of Québec. He grew up with French culture and cuisine but has also enjoyed living in many parts of the rest of Canada from sea to sea. Olivier also completed part of his internship in Africa. Olivier now lives and enjoys fully the English culture. He likes to say that “You can take the Frenchie out of Québec, but you cannot take the love of poutine out of the Frenchie.” Now established in Fort St. John in northern British Columbia, he is enjoying building his life and career here.



Olivier started his career in Québec City working for a renowned gym facility where he helped people achieve their personal best weight and elevate their sports performance. He then decided to explore the country and moved to the Yukon where he owned a private practice offering individual nutrition counseling and facilitating group teachings. Later, Olivier moved to Lloydminster, Alberta where he worked in the community as a primary care network nutrition counsellor. Olivier also has experience working with the health authority in Fort St. John as a Clinical Dietitian in a hospital setting and long-term care facility.

During his years of practice, Olivier has worked as a Registered Dietitian with many health conditions including gastrointestinal issues (such as IBS, crohn’s disease, ulcerative colitis), high cholesterol, hypertension, diabetes, weight concerns as well as liver and kidney disease. Olivier believes in health at every size, weight inclusivity and encouraging a healthy relationship with food and body acceptance.

Olivier was diagnosed with IBS and is trained in the Low FODMAP diet from the Monash University. With his technical knowledge and his personal experience, he relates with people struggling with digestive health issues and can offer insightful tips on how to best manage symptoms and enjoy eating.

Olivier completed his Bachelor of Science in Food and Nutrition in New Brunswick at the Université de Moncton. He is registered with the College of Dietitians of Alberta, the College of Dietitians of British Columbia and Dietitians of Canada. Olivier is currently working towards his certification as a Certified Craving Change™ Facilitator specializing in strategies for problematic and emotional eating. He offers services in both English and French.

When Olivier is not working, he enjoys cooking and baking as well as spending time outside hiking, biking, kayaking or camping in the gorgeous scenery Northern BC has to offer. He loves to travel, explore the world and try new foods abroad.

Live **healthFULLY** + **soulFULLY**™