



# NUTRI-GODDESS PROVIDER PARTNER GUIDE

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TRANSFORM PATIENT OUTCOMES  
WHILE IMPROVING YOUR BOTTOM LINE

# Greetings!



My road to becoming a dietitian began long before I could even pronounce the word. From growing up in a food-focused family to becoming a certified personal trainer at 18, my passion for the connection between food, fitness, and wellbeing has been lifelong. In college, after struggling with unexplained health issues and rejecting pills as “quick fixes,” I turned to healing my body naturally—an experience that set me on the path of holistic and functional nutrition.

Since receiving my license in 1998, I’ve spent 28 years helping patients uncover root causes and restore balance. That journey has grown into Nutri-Goddess™ —a program designed to empower women to heal, reset, and reclaim vitality with practical, evidence-based tools.

*Elizabeth Blumberg*



# Why Nutri-Goddess?

Every day, your patients come in with symptoms tied to hormone imbalance: fatigue, weight gain, irregular cycles, PMS, mood swings, anxiety, and poor sleep. Many of these women have already tried diets, supplements, and internet “quick fixes” — but they’re still struggling.

As a provider, you know that these problems are complex. And your primary focus involves so much as it is from performing clinical exams, running labs and writing prescriptions. And while you may have a few extra moments to offer behavioral or lifestyle advice, you most likely don’t have the amount of time that you would desire to truly be able to offer support to your patients. The missing piece is structured, ongoing support that helps patients actually implement the changes that restore balance.

That’s where the 12-Week Hormone Reset Program comes in. This program is designed as a turnkey digital solution you can offer through your practice — one that addresses the five most overlooked disruptors of women’s hormone health: estrogen mimickers, poor digestion, cortisol imbalance, sluggish detox pathways, and blood sugar instability.

# TRUSTED NUTRITION CARE FOR YOUR PATIENTS

At NutriGoddess™, we partner with physicians and healthcare providers to deliver personalized, evidence-based nutrition care that complements your treatment, without adding administrative burden. We support patients with a range of health concerns, including:



## HORMONAL IMBALANCES

Supports improved hormone balance, energy, and overall vitality.



## DIGESTIVE CONCERNS

Can be offered as a billable add-on or membership, creating new revenue opportunities.



## METABOLIC CHALLENGES

Fully digital program delivers guidance without adding staff workload.



## CHRONIC STRESS, FATIGUE, OR INFLAMMATION

Keeps patients engaged while positioning your clinic as a leader in whole-woman care.



## LIFESTYLE- OR PHYSIOLOGY-RELATED WEIGHT CHANGES

Provides personalized guidance for sustainable, long-term results.



# A SIMPLIFIED REFERRAL PROCESS

Our referral pathway is designed to be straightforward and professional



## REFER YOUR PATIENT:

Share our referral link or direct your patient to schedule an initial consultation.



## WE PROVIDE CARE:

Patients receive a comprehensive intake, individualized nutrition recommendations, and optional ongoing support when appropriate.



## ALIGNED COMMUNICATION:

We communicate clearly, ethically, and within our scope of practice—keeping you informed without creating extra work.

There are no contracts, no monthly fees, and no administrative burden for your office. Our role is to support your patients and enhance their care, never to replace it.

# Kind Words from Clients



CINDY J.

After a referral from my GYN, Elizabeth diagnosed my daughter with PCOS and a fatty acid deficiency after doing specific hormone testing. With supplements, nutrition, and lifestyle shifts, her cycle normalized. We're so grateful to have addressed the root cause naturally—I highly recommend!



NATALIE C.

PMS used to control half my month with fatigue, cravings, bloating, and mood swings. After learning the role nutrition plays in hormones, Elizabeth helped me uncover the root causes—estrogen-mimickers, hormone-laden foods, and poor sleep. With targeted supplements and a tailored plan, my cycle balanced in just three months.



STEPHANIE S.

Elizabeth is clearly more than a nutritionist. She is an amazing practitioner who is skilled at treating the source rather than the way many conditions are treated in this day and age—finding a way to mitigate the symptoms. Obviously when we address the source, the symptoms will take care of themselves.



# THANK YOU FOR CONSIDERING NUTRI-GODDESS™

We would love the opportunity to support your practice in helping patients take proactive steps toward better health. Interested in bringing this to your practice? Let's schedule a quick call to explore how it can support your patients.

[BOOK A CALL](#)