

Welcome to Nutrition Therapy With:  
Kristine Schirm, M.S., R.D. - Dietitian, Nutrition Therapist



Kristine has been a Registered Dietitian for 13 years and has been working for over 17 years with a specialized expertise in the area of eating disorders. Kristine began her career working as the Nutrition Program Coordinator in the Willow Creek Eating Disorders program at Samaritan Behavioral Health Center in Scottsdale, Az. She later moved to Grand Rapids, Michigan and for 3 years functioned as the Director of Nutrition inpatient and outpatient services for the eating disorder program at Forest View Psychiatric Hospital. Kristine also maintained a private practice with C.T.E.D.-Comprehensive Treatment for Eating Disorders for 8 years and for 4 years with Dr. Patricia Dauser ED.D in Muskegon, Mi. Kristine later returned to the valley in 2003 to join Rosewood Women's Center for the treatment of eating disorders in Wickenburg, Az. where she worked for 3 years as the Director of Nutrition Services.

Kristine specializes in the re-feeding of high medical risk cases and works only with a complete treatment team model. Her extensive counseling

experience includes individual, group and family nutrition counseling and education in inpatient and numerous outpatient settings, direct 1:1 mealtime support, home pantry and fridge renovations, cooking/recipe selection and implementation shopping and cooking experientials. Kristine follows a non-dieting philosophy as her nutritional approach to weight management and has led multiple didactic and experiential groups in support of health at every size. Kristine is passionate about the importance of the relationship a client has with her Dietitian and treatment team emphasizing trust and safety as the key elements to her practice. The foundation of Kristine's nutrition counseling style is education based and is directed towards helping clients to dispel myths relating to food and helping clients trust and reconnect with their bodies' own physical hunger and satiety cues.

Kristine earned her B.S. undergraduate degrees in both counseling psychology and clinical nutrition from Arizona State University in Tempe, Arizona, her pre-professional practice program (AP4) at Arizona State, and her graduate degree in Clinical Nutrition and Dietetics also from Arizona State University. She is a member of the American Dietetic Association (ADA), the ADA practice groups of sports nutritionists (SCAN), Weight Management (WMPG) and The Central Arizona District Dietetic Association.

Nutrition, exercise and cooking are personal as well as professional interests. She and her husband and three sons live in the Anthem area. She is now available to provide outpatient nutrition consultation/therapy to males and females, adolescents and adults for the following: all types of eating disorders, casual and competitive athletes, pre and postnatal women, pre-and post gastric bypass, those dealing with specific nutrition related illnesses and conditions, and to answer questions about food and weight. Services provided: complete nutritional evaluation and needs assessment, nutrition risk identification, meal planning, weight maintenance/loss/gain education and support, home pantry and fridge renovations, cooking/recipe selection and implementation shopping and cooking experientials.

**APPOINTMENTS:** Schedule appointments by phone at (480) 313-1390 (message only) between the hours of 9:00 a.m. and 5:00 p.m. Mon-Fri. or by e-mail at [ksrd@aznetnutrition.com](mailto:ksrd@aznetnutrition.com)

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