

# NewLife Nutrition offers sensible ideas for healthy lifestyles

NewLife Nutrition is the Tahoe-Reno area's newest solution to living a healthy lifestyle. The business is all about helping residents of all shapes and sizes improve overall health via tasty food and simple lifestyle changes.

Amber Wilson, a registered dietitian, observes that many diet and weight loss programs are a quick fix that causes unwanted relapses after weeks or months, and recommends the long-term solution to living healthier comes through simple changes in lifestyle.

"I've noticed too many individuals whose expectations were not met after trying a nutrition or weight-loss program due to the quick-fix nature that many programs live by," Wilson said in a press release. "Also, many programs completely restrict foods that can and should be included in one's diet to prevent over indulging, or that may even have positive health benefits in moderation such as wine and chocolate."



Amber Wilson recently opened NewLife Nutrition in Tahoe.

NewLife Nutrition's opening is timely with September representing National Whole Grains Month. Throughout September, Wilson will post a new recipe on her blog each Monday, Wednesday and Friday that focuses on using a whole grain. People are encouraged to submit recipe ideas and interests to Wilson at [a.wilson@new-life-nutrition.com](mailto:a.wilson@new-life-nutrition.com).

"I'm passionate about healthy living, and want to show people that eating well can be fun and simple," Wilson says. "Much of our society connects healthy eating to meals that lack taste and require too much prep time. I hope my recipe ideas will encourage people to eat better and become creative in the kitchen."

NewLife Nutrition has two additional business divisions – NewBaby Nutrition and NewlyWed Nutrition – which offer specific programs and services to assist pregnant women, children, and engaged or married couples create healthy and nutritious living habits for optimal health.

Wilson's consulting approach is tailored to the convenience of her clients. Home, phone and web consultations are available. For more information, [click here](#).