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HEALTH & WELLNESS

LANDMARK RECOVERY RADIO

Landmark Recovery Podcast
Tuesday at 9 AM Pacific
March 8th 2022: Addiction's Effect on Diet, Proper Nutrition

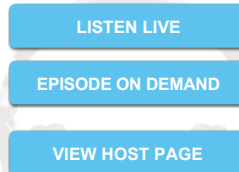
When trying to pick an addiction treatment center, have you considered whether proper nutrition is provided in their treatment plan? Discussing nutrition's role in the healing process, Michael interviews Landmark Recovery's Director of Dietary Services, Kayla Risteen, about how active addiction affects how much you eat as much as what you eat. They also talk malnourishment, practicing intuitive eating, and the interconnectedness of a healthy body, mind, and spirit. Kayla Risteen graduated with a Bachelor's of Science in dietetics from the University of Kentucky and has been a practicing Re

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Featured Guest



Kayla Risteen

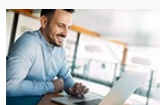
Kayla Risteen is the Director of Dietary Services at Landmark Recovery. She graduated with a Bachelor's of Science in dietetics from the University of Kentucky and has been a practicing Registered Dietitian for 7 years. Risteen has a passion for nutrition education and helping those in recovery reach their fullest potential through proper nourishment.

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