

Video Recap: Nutrition and Addiction Recovery

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Video: <https://youtu.be/0dgUwOKCXLQ>

Script:

Hi, I'm Karen Gauchi. I am the Dietician for Into Action. And I wanted to let you know that I do the menus here, I approve the menus. I also see patient's individual consults. I also do lectures and the lectures involve **nutrition** as a vital part in recovery and if a person is not eating properly, that can give them trigger. So I teach the patient how to eat properly to lower their triggers and cravings and to improve their overall health.