

# James Hart

Dietitian



## Profile

Hi, I'm James, a Dietitian here at Conscious Healthcare SA.

I'm passionate about helping you achieve your health and nutrition goals, no matter how big or small. Nutrition is a vital part of our lives—we eat multiple times a day, every day—so my goal is to help you build a positive relationship with food while meeting your unique dietary needs. During our sessions, I'll take the time to understand your food preferences, sensory perceptions, and overall dietary intake to create a plan that works for you. One of my favourite parts of the job is cooking alongside clients in their kitchens to make the process fun and practical!

My approach is friendly, warm, and empowering. I focus on what you can do, not your limitations, and use evidence-based practices tailored to your individual needs. I believe everyone has the potential to reach their goals, and I'm here to support you every step of the way. Whether we're working on weight management, chronic conditions, or simply developing healthier habits, I aim to help you feel comfortable and confident in your skin.

I hold a Bachelor's in Human Nutrition and a Master's in Nutrition and Dietetics from Flinders University, along with a postgraduate qualification in Diabetes Management Education and Sports Nutrition. I've worked in a variety of settings, including aged care, sports nutrition, and research, and have extensive experience supporting people with diabetes, Parkinson's Disease, Autism Spectrum Disorder, Crohn's Disease, IBS, and eating disorders. As a member of Dietitians Australia, Sports Dietitians Australia, and the Australian Diabetes Educators Association, I stay up-to-date with the latest research to ensure you receive the best care possible.

Personally, my journey as a dietitian was inspired by my own experience with Crohn's Disease, which I managed to put into remission using food alone. In 2021, I published a book called *Crushing Crohn's Medication Free*, sharing my story to help others facing similar challenges. I believe in the power of food and nutrition to change lives, and I'm excited to work with you on your journey to better health.

