

# The Role of Nutrition in Recovering From Addiction, Depression & Anxiety



**Presenter:** Diane Pinazza RRT, ND  
**Date:** October 23, 2009  
**Time:** 1:00 to 4:30 p.m.  
**Cost:** \$35.00

## 3 Continuing Education Credits approved for LADC, LPC, & LMFT

### Objectives

- To discern when to refer clients for nutritional assessment by learning 3 assessment questions.
- Educate clients about the link between nutrition & substance abuse recovery
- Educate clients about the link between nutrition & managing depression & anxiety
- Improve your own health through better nutrition

Professional counseling education does not include classes on nutrition so most counseling professionals are unaware of the effect of nutrition on clients' moods and how nutrition can affect the process of decision making. For persons suffering from anxiety and mood disorders and persons recovering from addictions, this information can be critical in the quality of their recovery and their life.

### Diane Pinazza

In 1982 Diane Pinazza achieved a degree in Respiratory Care and worked in critical care respiratory medicine for 14 years, becoming a department head in 1990. During this time she focused on metabolic management and removing critical patients from ventilators, discovering that nutrition played an important role in patients' recovery. In the early 1990's Diane enrolled Naturopathic medicine studies to pursue this interest. In 2000 she graduated from Trinity College of Natural Health with a traditional Naturopath Doctor degree. As a traditional Naturopath she offers nutritional counseling, education & supplemental guidance. Diane has also taught stop smoking classes through the Lung Association at various medical facilities for several years.

Questions? Email: [rcrockett@achancetochange.org](mailto:rcrockett@achancetochange.org)

**To register for this event** send check for \$35.00 to *A Chance To Change Foundation*, 5228 Classen Circle, OKC OK 73118  
Fax 405.840.9017 Tel 405.840.9000 (*Credit card payment can be accepted by phone.*)

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