

Connected outpatient nutrition care

Registered Dietitian with the College of Dietitians of Ontario. Based in Guelph and Toronto, with virtual care across Ontario.

BEST SUITED FOR

- Late teens and adults seeking scheduled outpatient nutrition care.
- Eating disorder recovery and step-down support after a more intensive program.
- Restrictive or orthorexic patterns, binge or bulimic patterns, and ARFID.
- Disordered eating, chronic dieting, food anxiety, or body image concerns.

APPROACH

- Non-diet and weight-inclusive, without weight-loss goals or shame-based care.
- Support with regular and adequate eating, food rules, fear foods, and practical nourishment.
- Gentle, trauma-aware, and collaborative with the broader care team when consent is in place.
- Care is individualized. Fit and current availability are confirmed before an appointment is promised.

HOW TO REFER

1 Start the connection

Use the brief referral request at laurenhofstee.me/referral-form, or invite the client to book a free introductory call.

2 Confirm fit and availability

Lauren reviews the request and contacts the client or referring clinician. Submitting a request does not establish a care relationship.

3 Coordinate with consent

If more clinical information is needed, Lauren arranges an appropriate way to exchange it. Communication with the care team follows the client's consent and agreed plan.

CARE BOUNDARIES

Lauren provides scheduled outpatient virtual nutrition care. This service does not replace urgent medical assessment, crisis support, medical monitoring, or a higher level eating disorder program. Urgent or medically unstable concerns should be directed to the appropriate local emergency or specialist service.

FEES, COVERAGE, AND PRIVACY

The introductory call is free. Current fees are explained before care begins. Detailed Registered Dietitian receipts are provided for extended health benefits, and reimbursement depends on the client's plan. Please do not send detailed health information through ordinary email. The online request collects only what is needed to begin contact.