



Diane Longstreet, PhD, RD.

- Do you need to lose weight and keep it off permanently?
- Are you battling diabetes?
- Do you suffer from high blood pressure or high cholesterol?
- Are you tired of diet confusion and just wish someone would tell you the truth?

If you answered yes to any of these questions, talk to Diane Longstreet, PhD, RD.

Dr Diane will listen carefully, provide a dietary diagnosis, and help you design your own food plan that meets your needs and your lifestyle.

Dr. Diane recently returned from six years of work, study and adventure in Australia. She earned her PhD from the School of Medicine, University of Adelaide in South Australia. Her thesis was on Magnesium and Diabetes, Its Implication for the Health of Indigenous Australians. Her findings supported the theory that magnesium deficiency increases the diabetes risk for Aboriginal and Torres Strait Islander people. Previously Dr Diane served almost 20 years as the Nutrition Program Director for the Collier County Health Department. As a Distinguished Toastmaster, Dr Diane has presented hundreds of professional lectures and community programs on health and nutrition. Her life's mission is to inspire and empower people to achieve optimum health through positive lifestyle choices.