

Shelah Unruh

RD, LD, CDCES



Education

BS Nutrition and Dietetics from University of Arkansas

Specializations

Certified Diabetes Educator, Intuitive Eating, Weight Management, Diabetes, Heart Health, Wellness at any Age, Hormonal Health

About Me

Hi, I'm Shelah- I've been a Registered Dietitian since 2020, and one of my greatest joys is walking alongside others on their unique health journeys. I love helping people feel more confident and at peace with food while finding a lifestyle that truly works for them.

I specialize in areas like sustainable weight management, blood sugar support, heart health, and navigating hormonal changes. But above all, I believe food should be enjoyed! I don't promote a "perfect diet" or label foods as good or bad. Instead, I focus on creating balance and making changes that feel realistic and supportive for your everyday life.

Some of the ways I can help include reviewing labs or glucose monitor data, creating personalized meal plans, guiding you through diet and lifestyle changes, reviewing supplements or products, and working together on building healthy habits around food. I'm excited to support you in your journey and can't wait to see where it leads!

Personal Interests

When I'm not at work, you'll probably find me in the kitchen trying out new recipes and seeing what delicious foods I can create! I'm also that person who will jump at any opportunity to babysit your pets or take your dog for a walk – I'm a total animal lover and never met a furry friend I didn't like. And when I need to recharge, I head out to Beaver Lake to soak up some nature and remember the beautiful world that's beyond my computer screen.

Availability

Mondays, Wednesdays, & Fridays 8:00 am - 4:00 pm