



Meet the Dietitian!

Lorelei Sturm, MS, RD

About Me

I'm Lorelei, a Registered Dietitian. I help people find peace with food and their bodies. My approach blends science, compassion, and lived experience to guide clients toward nourishment, balance, and flexibility. I believe health isn't about rigid rules or diet culture—it's about building sustainable habits and rebuilding trust in yourself and your choices.

My Approach

I guide clients with a balanced, compassionate perspective — integrating science, lived experience, and practical strategies.

Clients often experience steadier energy, improved blood sugar balance, and freedom from all-or-nothing thinking. With personalized strategies, they gain confidence in food choices, rebuild trust with their bodies, and embrace lasting wellness.

Services

I support people through disordered eating, midlife health changes, and blood sugar concerns like diabetes or pre-diabetes through one on one counseling.

My goal is to offer a compassionate, realistic approach that helps you feel more confident and at peace with food.

Contact Info

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Schedule a free consult:

