



KASD Health & Wellness Center

419-1 S. Washington St
Combined Locks, WI 54113
(920) 423-4192

Introducing: Diane M. H. Kelbel, Registered Dietitian



Diane has joined the Ascension team at KASD Health and Wellness Center. She has 30 years of experience in the clinic, community and worksite setting as a Registered Dietitian. You can take this great opportunity to schedule with her at no cost to you **Thursday afternoons from 2:00 pm-6:00 pm at the Health and Wellness Center** by calling (920)-423-4192. During your first appointment she will obtain a history, help you identify obstacles, discuss results of your PHA, provide education and set individual goals that create a realistic healthy routine that can be maintained long-term.

Below are a few reasons to schedule:

Digestive Issues: provide recommendations for ulcers, constipation, diarrhea, irritable bowel syndrome, gluten sensitivity and inflammatory bowel disease, etc.

Diabetes: provide recommendations to lower or control blood sugar for type 2, gestational, and impaired fasting glucose.

Cardiology: provide specific recommendations based on results of PHA: lipid profile and elevated blood pressure. Recommendations can also be provided for heart disease and congestive heart failure.

Weight Management: provide treatment for adult, teens and children. A unique individualized approach is used by creating a partnership with the patient by analyzing the relationship with food and developing a realistic approach while considering all medical and behavioral issues in the process.

Women's Health: recommendations for pregnancy including; nausea, digestive issues, abnormal weight gain and constipation. Recommendations can also be provided for management of urinary incontinence, pelvic floor dysfunction and menopause.

Behavioral Health: treatment of eating disorders and binge eating disorders as well as working with nutrition issues related to trauma, mental illness and addiction.

Oncology: recommendations for the physical side effects of cancer treatment (e.g. nausea) and prevention.

"Knowledge alone does not create change. My philosophy is to empower and partner with my patients and together we will create the healthy lifestyle they desire." Diane