



Nancy Lum RD, LDN



## Meet Nancy Lum RD, LDN

Nancy Lum, RD, LDN has been practicing since 2001 and has been involved in multiple medical disciplines with a concentration in GI and Bariatric Nutrition since 2002. She graduated from the University of Maryland College Park in 2000 with a bachelor's degree in Nutritional sciences. Nancy developed the nutrition processes for the bariatric program at Sinai Hospital in 2004 and left in 2010 to go into private practice. She then developed and now runs the Bariatric Nutrition program at St Agnes Hospital in Baltimore MD. She is currently seeing bariatric patients, and also works with patients with multiple GI diagnoses, diabetic, cardiac, renal, sports/athletic nutrition, eating disorders and general weight loss clients, as well as sees clients for overall health improvement.

Nancy is also co-founder of STRIVE Motivational Group Therapy, Achieve Nutrition Results Program (ANRP) and Trilogy Transformational Coaching.

Tired of being restricted to menus or purchasing foods from weight loss companies? Sick of losing weight only to regain it and struggle with constant yo-yo dieting? Want to learn how to lose weight and keep it off eating foods you want and planning meals you and your entire family will enjoy?

***Learn how to lose weight and NEVER diet again!***

Are you an **athlete** that wants to incorporate a healthy lifestyle into your workout routines to optimize your performance and fuel your body properly?

Suffering from **diabetes** and need to learn more about dietary causes for blood sugar spikes, and other health conditions tied to diabetes?

Want to learn more on how to eat healthy to reduce or rid yourself of **health conditions** like high cholesterol and high blood pressure. ***Learn how to avoid the pharmacy and depend more on the pharmacy!***

If you answered YES to any of these questions come meet with our resident Dietitians. We are offering classes, multiple programs, and one-on-one consultations. Call 443-490-1240 to discuss rates and scheduling. We are motivated and are here to encourage and facilitate permanent lifestyle changes that will help clients reach their optimal health goals.

[www.nutrition5.com](http://www.nutrition5.com)

**Call: 443-490-1240 to schedule today!**



Annie Deremeik RD, LDN



Annie specializes in pediatric nutrition, including gastrointestinal disorders, poor growth and failure to thrive, weight management, and general wellness.

Annie's services are tailored to meet each client's personal goals based on his or her health history, medical condition and lifestyle. Whether diet modification is necessary to manage a specific medical diagnosis or maximize overall health and well-being, her extensive background in medical nutrition therapy for kids and adults allows her to guide individuals of all ages to optimal nutrition and well-being. She strives to provide her clients with the tools to feel their best every day through practical, evidence-based nutrition recommendations.

Annie is passionate about health and nutrition and believes a realistic plan including moderation and balance and a no-pressure approach are the keys to maintaining a nutritious and healthy lifestyle in today's fast-paced world. She has found working with infants, children, teens and their families especially rewarding. Helping parents navigate challenging but medically necessary diet restrictions and seeing kids grow and thrive continues to drive her passion. In her free time Annie enjoys spending time outdoors, being active and cooking with her 3 children and husband.

## Meet Annie Deremeik RD, LDN

Annie Deremeik RD, LDN is a Registered Dietitian with a Board Certification in Pediatric Nutrition. Annie is a native of Baltimore County, Maryland, and graduated from the University of Delaware with a bachelor's degree in Nutritional Sciences. She completed her training to obtain a license as a Registered Dietitian through the Winthrop University Dietetic Internship in South Carolina. She currently works at Sinai Hospital of Baltimore on the NICU and Maternal floors and cross covers inpatient and outpatient pediatrics. Prior to her work at Sinai, Annie worked in the NIC and Pediatric Units at GBMC and Mercy Hospital. She also has spent time with the Y of Central Maryland creating and implementing a nutrition education curriculum for the grant funded afterschool program FitNFun. Annie also provided consultant dietitian services for Pacify. Currently, Annie sees patients for the ANRP a division of the GI and Bariatric Nutrition Center located in Catonsville, Maryland.

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