

Kay Loughrey

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**Registered Dietitian-Nutritionist Kay Loughrey Teams Up with New Innovative CIGC Wellness Center**

GAITHERSBURG, MD., October 6, 2020- Beyond weight and body image issues, many women deal with fertility complications, PCOS, fibroids, endometriosis, and other nutrition-related conditions like diabetes. These obstacles are difficult to navigate without someone to guide you. Kay Loughrey, Registered Dietitian-Nutritionist, has more than 30 years of experience working with women who have experienced such challenges. She gives clients science-based practical tools and customized programs to overcome inner and outer blocks to achieve lasting results.

“Joining the Center for Innovative Gyn Care’s Wellness Center offers a remarkable opportunity to help women take charge of their health. The CIGC Wellness Center founder, Dr. Natalya Danilyants, CIGC co-founder and advanced surgical specialist, has created a leading-edge complement of services that simplifies the process of finding the right wellness care all in one place. The CIGC Wellness Center offers everything from nutrition counseling, weight management, and wellness services to physical therapy, acupuncture and psychotherapy. The new Center also offers both in-person and telehealth services as a flexible way to meet women’s needs,” said  [Kay Loughrey](http://www.sweetlifewellness.com), weight loss coach and Licensed and Registered Dietitian-Nutritionist and owner of Sweet Life Wellness, Inc.

Getting a grip of your health is no easy feat. In addition to Kay’s coaching and counseling, she also offers genetic testing and coaching for health and weight, fertility, plant-based diet counseling and athletic performance coaching. All appointments are held virtually via Zoom.

With all the uncertainty we have been facing over the past six months, it’s important to take extra care of yourself. Here are three simple ways to deal with your eating triggers and avoid weight gain while you’re working from home:

1. Environmental: Decide on healthy snacks to eat in front of the TV or decide to put eating in front of the TV off limits.

2. Social: Decide ahead of time what you plan to eat before a social gathering or even a family meal. Bring foods to share that will support you in making better food choices.

3. Emotional: Ask yourself these questions; What happened that may have caused this craving? What am I feeling? What is it that I’m really hungry for (it may not even be food)?

**Kay Loughrey, Biography**

Kay Loughrey is the founder and owner of Sweet Life Wellness, Inc., weight loss coach, and Licensed Registered-Dietitian Nutritionist who addresses both inner and outer health issues. She has been featured in major media including the Washington Post, Chicago Tribune, Men’s Fitness Magazine, Newsday, and local television and radio stations.

She spearheaded multiple national initiatives for the U.S. Department of Health and Human Services. Kay is a seasoned professional who has brought her science, public health, and health communication expertise to major nutrition and health programs including the Dietary Guidelines for Americans, the Physical Activity Guidelines for Americans, and the Food Supplement Program for Women, Infants, and Children. She helps clients with nutrition related health conditions, lose weight, and create a healthy sweet life by building a healthy relationship with food.

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For More information contact:

CIGC Wellness Center: <https://innovativegyn.com/wellness-center/>

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