

# Integrative Nutrition Coach

**Ren Hoskin, MS, NBC-HWC**

I provide deep support to clients as they navigate nutrition and wellness. I help clear away the myths and endless marketing so you can better access your deep wisdom and instinct about how to nourish yourself at every stage of life - not just with the food on your plate but with all of what you consume each day.

## My services



### **Integrative Nutrition Coaching:**

Align your nutrition goals and knowledge with daily habits and scientific evidence to optimize wellness.



### **Hormone Health Coaching:**

Integrate the health of your hormones, microbiome, mitochondria, brain, sexuality and longevity for vibrancy at any age.



### **Community Education and Consulting:**

As a Master's Level Educator and Dual-Certified Coach, I work with groups and institutions to educate about nutrition.

## Reach out!

Book a free exploratory call with me to see if Integrative Nutrition Coaching is the right fit for you. Choose a multi-session package or book individual sessions at the cadence that is right for you.

970-209-6348

[www.instinctivenutrition.co](http://www.instinctivenutrition.co)

(in person in Crested Butte CO or Virtual)

@instinctivenutrition on IG

~All services are on a sliding fee scale.~



Ren Hoskin, MS  
Certified  
Nutrition Coach





# Instinctive Nutrition

**Transformation doesn't happen from a Google search, a TikTok video or an Instagram post.**

You know this instinctively. Yet how many times have you bought the supplement or the journal or the intervention that was supposed to change everything. Did it? Or is it sitting in the back of a closet? Transformation happens by examining deeply-held beliefs, life systems, and habits – and then dismantling obstructions.



The pursuit of perfect numbers on a scale or an ideal exercise routine often leads to a frustrating cycle of temporary gains and setbacks. Breaking free from this pattern isn't about finding another diet or workout plan – it's about rediscovering your body's natural wisdom. True transformation comes from learning to listen to what genuinely energizes and nourishes you, building sustainable habits that align with your life, and cultivating a foundation of self-compassion.

## Coaching Highlights

Personalized Guidance

Ongoing Support

Intention Setting

Sustainable Habits

Positive Mindset

Holistic Approach

As a National Board Certified Health and Wellness Coach and an IIN-Certified Integrative Nutrition Coach, I help clients tap into deep and sustainable wellbeing. I guide clients through low energy cycles, chronic fatigue, premature aging, deficient digestion, sexual dysfunction, the hormone rollercoaster, food sensitivities, and weight fluctuations. Every body is unique, and each person's journey to wellness is too. We work together to discover sustainable habits that promote feeling energized, balanced, and truly healthy. No more settling for "just okay" – discover optimal nutrition and health!

**Contact me to explore if Nutrition Coaching is right for you.**



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