



Personalized Nutrition Support

Prevent, manage and treat
specific medical conditions



Integrative Health Center

900 East Main St, Medford • 541-500-0977

In-clinic & virtual appointments available

Contact your provider for a referral.





Jordan Arnold, MPH RD LDN
Licensed Dietitian Nutritionist

Specializing in:

- Evidence-based weight loss & fitness
- Medical diets:
FODMAPS, plant-based, Mediterranean/DASH, gluten-free, keto
- Pediatric nutrition & family education
- Mindful eating
- Disordered eating
- Medical Nutrition Therapy to improve and/or treat:
 - Diabetes, pre-diabetes, gestational diabetes
 - Heart disease, high blood pressure, high cholesterol
 - Digestive issues (IBS/IBD, heartburn, constipation)
 - Food allergies



A collaborative approach to establishing and reaching your personal health goals

50-minute initial appointment with follow-up visits as needed to support your progress

Affordable Pricing

We accept Medicaid (Oregon Health Plan), Medicare Part D and most major insurances. We also offer a generous sliding-fee discount for those whose incomes qualify.