



Asa K. House RD, LDN



Asa holds a degree in Science of Food and Nutrition from MD and has completed the required additional training for registration. She spent her first 10 years as a professional working in a medical acute setting where she was involved with a pediatric unit, an eating disorder program, cancer center, and GI-surgery unit. She has also worked with weight management and performance enhancement in a private setting. Currently, she is back in a medical environment, where she educates and oversees the nutritional needs of kids and adults with chronic and end-stage kidney disease.

Seeing the need for sound and simple nutrition advice in the community, she developed a side business over the years as a professional dietitian and enjoys meeting clients of all ages with all kinds of backgrounds and nutritional needs. "I truly love what I do and I believe my strength is in education. I enjoy listening to and learning about my clients, their habits and struggles, and helping them find their way to reach their goals," says House.

When Asa is not working, she continues to study nutrition and stays active with exercise around a very active family. "Meals are always on the go. But I love the challenge of making healthy food choices with very little time. My kids are not always great recipients of my lectures and recipes, but they are learning by watching and comparing."

Contact Asa House at 443-520-0418 or Nextyou.inc@gmail.com.