

What is Nourish Medical?

Nourish Medical offers optional medical consultations designed to support your nutrition care.

Consultations are provided by licensed medical clinicians, including physicians and advanced practice providers, who work closely with Nourish dietitians to support coordinated, nutrition-first care.

Nourish Medical is led by Dr. Ajay Haryani, a board-certified Internal Medicine physician with clinical expertise in cardiometabolic health, obesity, chronic disease management, and multidisciplinary primary care. He completed residency training at UCSF Medical Center and medical school at Northwestern University and has worked closely with Nourish since 2024. Nourish Medical will expand to include additional clinicians over time, all aligned to the same care standards and collaborative model.

These visits focus on medical questions that commonly arise during nutrition care - such as lab results, medications, or symptoms. Nourish Medical can supplement your existing primary care by providing specialized metabolic health expertise, or offer medical guidance if you don't currently have a primary care clinician.

Medical support for your nutrition care

Nourish Medical works alongside your dietitian to support your care, including:



Lab Review

Review of recent lab results to provide medical interpretation and support next steps.



Medications & Side Effects

Guidance on medications, supplements, and related side effects.



Symptom Evaluation

Evaluation of symptoms such as fatigue, GI issues, dizziness, or hair loss.



Chronic Condition Support

Medical input for conditions like diabetes, cholesterol, or blood pressure.



Referral Guidance

Support in determining whether additional medical evaluation or a specialist referral may be helpful.

Scheduling

Nourish Medical consults may be requested by patients or

- 1 recommended by their dietitian when additional medical input is appropriate.

If no appointments are available, your dietitian can add you to a

- 2 waitlist, and our team will contact you when openings become available.

Nourish Medical visits are currently available for patients located

- 3 in: Kentucky, Louisiana, Missouri, Nebraska, Oklahoma, Virginia, Utah, and Wyoming. We plan to expand to more states over time.

Post-visit coordination

A summary of the visit is shared with your dietitian, who integrates medical guidance into your ongoing nutrition care plan.

Additional questions

If you have questions, please email support@usenourish.com and we'd be happy to assist you.