

Kristine Sinner Redefines Eating Disorder Recovery Through Advanced Medical Nutrition Therapy

Kristine Sinner, owner of Sinnergy Wellness Group, a leader in outpatient eating disorder treatment, today announced the formal integration of Medical Nutrition Therapy (MNT) as the primary clinical cornerstone of its recovery model.



Scottsdale, Arizona Feb 27, 2026 ([IssueWire.com](https://www.issuewire.com)) - This shift prioritizes early physiological intervention and metabolic stabilization as the essential first steps in long-term outpatient success.

While many treatment models focus primarily on behavioral or exposure based approaches, Kristine emphasizes comprehensive medical nutrition evaluation, metabolic stability, and early physiological intervention as foundational to long term recovery.

“Recovery cannot occur in a malnourished body,” said Kristine Sinner, MS, RDN, Founder and Clinical Director of Sinnergy Wellness Group. “I address and treat eating disorders through a medical nutrition lens, focusing on nutrition status, physiological risk, and metabolic safety to ensure the body is capable of doing the hard work of recovery.”

Medical Nutrition Therapy is an evidence based process delivered by a Registered Dietitian trained to assess:

- Nutritional adequacy and malnutrition risk
- Hormonal and metabolic disruption
- Cardiovascular and physiological instability
- Refeeding risk and severity markers
- Lab trends and comorbid medical factors

Unlike generalized nutrition counseling, MNT integrates clinical standards, structured assessment, and ongoing monitoring to prevent escalation that can otherwise lead to hospitalization or higher levels of care.

“So I don’t wait for symptoms to worsen,” added **Kristine Sinner, MS, RDN**. “If someone comes in, they’re not in good shape, I’m going to intervene right away.”

Kristine has implemented a tiered outpatient model designed to guide clients through phases of stabilization, restoration, and recovery. This structured framework helps families and referring providers understand clinical progression while ensuring safety and accountability throughout treatment.

Sinnergy Wellness Group collaborates closely with therapists, physicians, and families to provide coordinated care, ensuring nutrition services support the overall treatment plan rather than operate in isolation.

By elevating Medical Nutrition Therapy as a clearly defined standard within outpatient treatment, Sinnergy Wellness Group aims to increase public understanding of the medical component of eating disorder recovery and reduce preventable deterioration caused by delayed intervention.

For more information about Medical Nutrition Therapy at Sinnergy Wellness Group, visit <https://sinnergywellnessgroup.com/> or contact the practice at (480) 382-6109 or info@sinnergywellness.com.

About Sinnergy Wellness Group

Sinnergy Wellness Group is a Scottsdale based outpatient practice specializing in eating disorder recovery and clinical nutrition care. The practice integrates evidence-based Medical Nutrition Therapy, coordinated team communication, and structured intervention models to restore nutritional adequacy

and metabolic stability in adolescents and adults.

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