

2019 Online Feedback Reviews

Margaret H.



I have been working with Juliane for over six years. Not only does she have a thorough understanding of the medical facts, but she is also a creative problem-solver, and consistently offers me constructive, realistic suggestions for change. She is easy to work with—always helpful, kind, encouraging about my progress, no matter how small, and never judgmental. If I have questions between sessions, she responds quickly. She is passionate about her work, and it shows in the exceptional care she takes with me.

Deborah A.



Helped me figure out my allergy to foods when no one else could.

Amy M.



I would highly recommend Julianne at Best Diet for Health. She is extremely knowledgeable about diet, nutrition, and medicine. Her manner is kindness personified, and with a great sense of humor. You always came away from a visit with Juliane invigorated and optimistic about your health, and the steps to take going forward. Thank you, Juliane, for helping me get my health back!

Maria D.



Julie is very thorough and a warm person.

Kathie S.



My recent visit with Juliane was fabulous. Always on the same page, and confirmation of how to approach different issues. And always nice to catch up on the personal side of life. Thank you so much for your invaluable insight.

Hanne N.



Julianne is an excellent nutritionist. She is professional and very caring. She helped tremendously and was capable to diagnose my condition and make the proper recommendation. I have known Julianne for the past 10 years and I value her opinion.

Linda V.



Juliane was able to pinpoint a problem behind my digestive problems that no one else found!! She is so caring, personable and truly listens. She is a wealth of information!

Mary E.



I have seen Julianne for many years now and cannot say enough about her knowledge and even more importantly her ability to describe what is happening in my body in terms that I can understand. Also, she is lively, engaged and caring which makes every visit warm and nurturing.

Maria F.



I love being Juliane's patient. She is very caring. She always does her best to help us.

June O.



I was referred to Juliane after being diagnosed with an autoimmune disease. My experience with her was eye-opening, even though I was aware of the impact of nutrition on my health. She reviewed my medical records in detail, and set up a plan reinforcing the messages with evidence for why. She is an expert in her field, a patient listener, and passionate about getting you healthy again. If you take self-care seriously, do yourself a favor and make an appointment with Juliane.

Tiffany P.



Juliane is amazing! Not only is she knowledgeable, but she takes her time to listen, to get to know you, and puts a plan in place specifically for your needs. She has helped me with a variety of health issues by listening, ordering tests that my own primary wouldn't do and because of her, I am healthier. I would and have recommended her to anyone wanting and needing to feel not only better but validated. Thank you!!

Gayle G.



Meeting with Juliane is like taking a master class in functional nutrition, clearly presented and with compassion. Amazed by the results of the blood test for foods/herbs that I do not digest well and so grateful for the road map to follow for a healthier me.

Tom Q.



Juliane did a great job confirming the patient-driven effort to take over my life. She also provided me with many different resources to utilize in eating healthy and also to now deal with a serious disease.

Susan F.



Juliane has helped me to understand how much my dietary choices were affecting my quality of life! She is very knowledgeable and offers fantastic advice!

Patricia H.



I went to Juliane for possible food intolerances and found that I had quite a few. Juliane was wonderful at explaining the difference between an allergy and intolerance and how to change your diet and habits. I was able to introduce several foods back successfully, but I now know what to stay away from. Juliane provides the support and information needed to be successful whether it is to lose weight or overcome food intolerances. I have recommended her to several friends.

Ann L.



Great meeting and very informative. Already feel better.

Susan C.



This is one of the best experiences on my journey to a healthy lifestyle. Learning about nutrition and how it affects my body is helpful to me especially since I have an autoimmune disorder. Juliane is knowledgeable and kind, she is terrific at coaching you to the next step. I highly recommend her. This is a gift you owe to yourself.

Suzana V.



She is knowledgeable and passionate about her work. I would always recommend her to anyone in need of a great nutritionist!

Susan C.



I loved my sessions with Julianne, learned a lot and still use her recommendations the best I can!

Debbie K.



Thank you for your expertise and flexibility in making nutritional changes that work for me.

Vicki B.



Juliane is incredibly knowledgeable and tailors her recommendations to the needs and desires of her clients. She was also very responsive if I needed to reach out with a question between appointments to keep my treatment going. She helped me to heal my gut as well as learn so much overall about my digestive system and a diet that will help me for life. I highly recommend working with her!

Tamara S.



I feel so happy that I met Juliane and have been working with her. She has had so many helpful and do-able recommendations for improving my health, from books which have helped me better understand important health factors, to lab tests which have clarified how I'm doing with both gut health and cardiovascular health, to manageable changes in my diet to address my particular issues. I feel SO much better than I was feeling when we started working together, and I recommend Juliane highly to anyone wanting to improve their health.

Kathleen L.



Best of the Best!! I have learned so much! Amazing, not to mention the 30++ pounds I've not only lost but have kept off for close to two years now.

Donna R.



Juliane is such a warm, smart, and compassionate provider! She's easy to work with, knowledgeable in so many aspects of health - what we'd call traditional Western medicine, coupled with a huge wealth of understanding of holistic approaches, and how to integrate them. Her approach is unique to each unique person. Some people need to remain on medications; some people can complement with nutritional support and lifestyle changes; Juliane is a wonderful guide to help understand a myriad of conditions. She's helped me to narrow down some problematic triggers, and eliminating a few things has helped immensely with my health. I've brought a family member to her for some complex health issues, and I've urged friends to seek her out for her expertise. Love her!

LeeAnn B.



Juliane is wonderful. Her integrative medicine approach to nutrition is REFRESHING. It is a RELIEF to have a medical professional understand the connections between diet and health...both physical and emotional. Her written summaries of the visit are immensely helpful for future referencing. Juliane is the only nutritionist I recommend.

Robin B.



I had been in need of a functional nutritionist in the Plymouth area and I had been referred to Juliane Goicoechea. When I met her and explained my symptoms, she immediately was able to identify what had been happening to me and I began meeting her as a client. She listened and explained things and didn't mind repeating the information when necessary. I was able to do allergy food sensitivity testing and she also told me what blood tests to ask my primary to perform. She recommended a functional dermatologist who completed the necessary testing for other allergens that had been affecting my skin. Together, they were able to help me improve my health and I have no hesitation in recommending Juliane to my friends. Changing one's health takes time and patience is important but Juliane will work with you and help you to feel better. Her knowledge of recipes and healthy foods is a great aid. I feel very comfortable in asking her questions and I have found her knowledge to be varied and extensive in her field.

Alyssa W.



Juliane has been able to help me with my digestive problems more than any other medical professional has. I very much appreciate that she actually cares about her patients and takes the time to actually speak with them and get to know them to better understand their lifestyle. The only aspect about her practice that I wish was different is that most testing needs to be paid for out of pocket and isn't covered by insurance.

Anne F.



Juliane is an excellent nutritionist. Because of her advice, I lost 60 pounds 6 years ago and have maintained my weight. Because of her advice, I don't take Prilosec and control my stomach issues with diet. My anxiety is much better and I've never increased my thyroid medication. I highly recommend Juliane.

Brandon M.



Juliane was great at figuring out food allergies for myself and a few other family members.

Michelle C.



So thorough and great! Juliane can solve any problem! She is intuitive and really gets to the root of issues at hand.