

Esther Lim

Dietitian



Profile

Hi, I'm Esther, a Dietitian here at Conscious Healthcare SA.

With over 5 years of experience in both disability and private practice, I'm passionate about helping my clients achieve their health and nutrition goals in a way that feels practical, supportive, and motivating. I hold a Bachelor's in Nutrition and Dietetics from Flinders University and am a full member of Dietitians Australia. My approach is person-centred and hands-on, tailoring my support to each individual's unique needs while making learning about nutrition fun and engaging.

I specialise in working with neurodivergent clients to expand their range of preferred foods, as well as providing nutrition support for those looking to improve their overall health and well-being. Whether it's weight management, enteral nutrition, or working through complex conditions like eating disorders, malnutrition, or gastro issues, I'm here to help you develop the skills and confidence you need to thrive.

In our sessions, we'll work together to create practical, evidence-based strategies that align with your goals. I enjoy working with clients aged 2 and above, and I'm committed to collaborating closely with your care team to ensure the best possible outcomes. My goal is to create a zero-judgment space where you feel comfortable, understood, and empowered to take control of your health journey.

