Certified Nutrition and Lifestyle Coach

Kathy D'Agati

Kathy D'Agati founded her company, Back to Basic Wellness in 2007. She is a Certified Nutrition and Lifestyle Coach specializing in Functional Medicine. Her practice focuses on food sensitivities, autoimmune disease, chronic health conditions, and the powerful, healing effects of food on the brain. She continually updates her programs as she studies with doctors on the cutting edge of nutrition science.

Kathy is also a Heart Math practitioner with a clinical certification for Stress, Anxiety and Self-Regulation.

Presentation Topics

- *Unlocking the Power of Food to Fight Disease*

  The leading causes of death and infirmity are heart disease, cancer, diabetes and Alzheimer's. They are diseases of diet and lifestyle. They can all be eliminated simply by changing what we eat. Learn which delicious, satisfying foods you should add to your diet to restore health, slenderize your body and protect your brain. Food is powerful medicine.

- *Eating For Energy: How to Beat That 3 O'clock Slump*

  By making a few simple changes, you can add up to 10 hours of productivity to your week. Learn which foods drain your energy and which foods keep your mind sharp and focused throughout the day. Combine the high-energy foods with a few easy to do behavioral changes and you can be at your best at any hour of the day. We can show you how.

- *Care and Feeding of the Brain- Foods to prevent dementia*

  In this country today, you have a 50/50 risk of developing Alzheimer's disease if you live to the age of 85. You can change those odds dramatically. Prevention is the key. What you eat has a profound effect on your brain. Learn what you need to do to avoid being the next statistic.

- *A 5 Step Plan to Prevent or Reverse Heart Disease*

  Heart disease has continued to be our number 1 cause of death. Our conventional dietary recommendations have done nothing to stop the rate at which we become diseased. Learn which foods really are the culprit and which surprising foods you should be eating instead. What kind of exercise is best? Which vitamin deficiency raises your heart attack risk by 50%? Discover this and so much more.

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Fees negotiated with individual provider