

Heather Fitzgerald R.D.

Strategic Nutrition & Holistic Therapies

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Heather has been practicing for over 20 years and is currently in Private Practice in Brentwood, California. Heather's Holistic Approach to Nutrition is focused on identifying the source of your imbalance, rather than managing it. Heather will assess your current food and eating patterns, including *when*, from *what source*, and *why* you eat. This helps form the most effective wellness treatment plan and health strategy for the patient. Heather creates a specific wellness treatment plan & health strategy, personalized to your current health, medical history and lifestyle. Heather is inspired by educating and empowering her patients about their bodies and providing them alternative and non-conventional treatments and therapies that are not offered in traditional western medicine. Providing appropriate education and support for her patients, creates confidence, which generates motivation and ultimately action. Heather specializes in Micronutrient and Hormone Deficiencies and will identify your areas of lack and help you adequately replenish your body's essential nutrients and hormones. Heather offers a myriad of progressive diagnostics including comprehensive blood testing, Food & Environmental Allergy testing, Comprehensive Digestive & Stool Testing, Genetic Mutation testing, adrenal gland saliva testing and Neurotransmitter testing. Education and Action are the best methods for maintaining health, youthfulness and quality of life. —*How* you nourish your body, both internally and externally, will determine the quality and vitality of your life.

Heather has been a contributing editor for Fit, Young Miss, & Modern Bride Magazines. Heather was also a nutrition consultant airing on Fit TV's Fit, Resort & Spa, in Burbank, California. She has also appeared on KTLA News & KABC News, Los Angeles, as a Nutrition Consultant. Heather has also been a consulting and managing R.D. for the Biggest Loser Fitness Resorts.



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