



KARA FITZGERALD, ND

*Individualized* EVIDENCE-BASED INTEGRATIVE MEDICINE

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**Nutrition is the most powerful tool integrative doctors have at their disposal.** I would argue that the appropriate dietary program can account for up to 80% of an individual's success. Thus, for most of us, getting our diet properly "dialed in," maybe more effective than any other single intervention!

Focused, ongoing support for implementing your individualized dietary prescription is essential.

Our staff Nutritionist, Dave Okupniak, received his Masters of Science degree in human nutrition from the University of Bridgeport, the only functional and integrative nutrition training program in the US.\*\* He also has extensive experience in the nutrition industry, and owns his own health food store in Nutley, New Jersey.

To quote Dave: **"I am passionate about nutrition and committed to working with you to seamlessly incorporate diet into your lifestyle, thus moving you closer to your wellness objectives."**

David is versed in correct implementation of many therapeutic diet plans I prescribe, including:

- Individualized hypoallergenic diets
- Elimination diets
- Gluten and casein-free diets
- Detox programs
- Insulin resistance (including Metagenics' First Line Therapy),
- Anti-yeast protocols
- Low carbohydrate diets- such as Paleolithic nutrition
- GI-diets such as the Gut and Psychology Syndrome and Specific Carbohydrate Diet
- Weight reduction programs (as needed for weight resistant individuals)
- **Most importantly:** David is great at making these plans nutritious and do-able. He is helpful at the all-important menu planning, snack planning, shopping ideas and kid-friendly- ideas. He can recommend further reading and recipe books. He is versed in nutrient dense foods, as well as those you should avoid for reasons of toxicity, or nutrient insufficiency.

## **Nutritional consultation packages**

### **WHO WILL BENEFIT?**

- Everyone! Dietary changes can be challenging to make. David will help you with the transition, including meal planning, ensuring adequate nutrition, hitting weight goals, creative snack designs, etc.

### **WHAT YOU'LL RECEIVE:**

- Personalized help in overcoming obstacles to your success, such as:
  - Understanding and implementing your therapeutic diet prescription
  - Excessive appetite
  - Cravings for certain foods
  - Gastrointestinal upsets from foods and or supplements
  - Overcoming plateaus in your program
  - Alternative foods to replace the foods you love but can no longer have
  - Shopping tips, kid-friendly plans, menus
- Now you can get individualized attention to these and other nutritional questions and challenges.

### **HOW IT WORKS:**

- **Everyone working with Dr. Fitzgerald will be referred for an initial consult with Dave to review their diet plan. This 20-minute consult is at no charge.**
- New clients not working with Dr. Fitzgerald can consult with Dave prior to their first visit to answer questions.
- Each subsequent session is 30 minutes.

### **PRICING:**

- **6 sessions (3 hours) \$240 (\$40/session)**
- **3 sessions (1 ½ hrs) \$150 (\$50/session)**
- **1 session (30 minutes) \$60**
- **IN ADDITION:** All nutrition clients have access to Dave via email at no additional charge.

\*\*I have a good deal of respect for the holistic approach of the Human Nutrition program at University of Bridgeport. It is well-aligned with the goals of my practice. In fact, I have recently joined the faculty, assisting Dr. Richard Lord in teaching Laboratory Evaluations in Integrative and Functional Medicine. Dr. Lord is the chief editor and author of the textbook of the same name. I am a contributing author and peer reviewer.