



KELLY dorfman

nutrition for mind & mood

Have you ever wondered if your diet is affecting your mood or cognition? Do certain foods cause irritability or discomfort? Or could a lack of dietary nutrients be the cause of your symptoms?

Internationally known clinical nutritionist, speaker, and award winning author, Kelly Dorfman, M.S., L.D.N. can help. She is one of the nation's leading experts on using nutrition therapeutically. As a go-to nutrition expert, she has been featured on CNN and Fox News and quoted in the Washington Post and Wall Street Journal.

LICENSED DIETITIAN - NUTRITIONIST

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The Washington Post

THE WALL STREET JOURNAL



SUBJECTS:



Power Up As You Age:

Five Nutrition Strategies to revitalize the brain.



Peak Performance:

How to use nutrition therapeutically for cognition, vitality and disposition.



What's Eating You?

The hidden connections between common ailments and nutrition.



The Neurobiology of Mood:

How nutrition choices can lift your spirits or leave you depressed and anxious.

TESTIMONIALS:

"Dorfman's advice and experience resonates intensely."

- Goop.com

"Her research is solid, her insights are excellent, and her advice is just what you need."

- Washington Post

"You hit it out of the park! As you can see from the evaluation summary, our participants had a great day!"

- Toni Chatman, Associate Directory (Wake AHEC), Raleigh, NC

"Even several weeks later, participants are still talking about your presentation, how valuable it has been in their work, and asking when you can come back for additional sessions."

- Cris Donovan, Director, Racker Centers, Ithaca, NY