



CATA ROZO

Functional Nutritionist

Hello! As a Functional Nutritionist and Practitioner, I go beyond the traditional approach - yes, I go a level deeper by assessing people's health risk factors, managing chronic conditions and creating a plan for mental health, sleep, nutrition, fitness and supplements.

This is what working with me looks like:

Healing Protocol

Over a period of 4 months, I take a comprehensive approach to your overall health. I run advanced functional tests that help me find out all the possible root causes of your health issues.

During this healing protocol, I create a personalized healing plan that consists of a target meal plan, medical grade supplements and lifestyle recommendations that will optimize your health and will bring your health to the next level.

I help people to reverse chronic conditions like insulin resistance, diabetes, hormone imbalances, digestive issues, ie bloating, constipation, acid reflux, discomfort after eating and more. I also make sure you reach your health goals by guaranteeing clinical results.

Reset Program

It covers every aspect of You...helping you grow and heal inside out! Not only will I guide you every step of the way, I will also teach you about your body and how this Reset Program will help you balance many aspects of your health like cravings, sleep quality, mental clarity, healthy skin and a better mood. Throughout this journey you will begin to better understand your inner being, while learning to "hack" parts of yourself to support the others.