

# Professional Services

Dr. Kerrie Saunders, MS, LLP, PhD

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ProStaff Physical Therapy  
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Lexington, MI 48450  
(810) 359-8700

Port Huron  
Mercy Hospital  
Health Center  
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Fort Gratiot, MI 48059  
(810) 622-8687

Metro Detroit  
Functional Fitness  
1185 S. Adams  
Birmingham, MI 48009  
(248) 988-8098

[www.DrFood.org](http://www.DrFood.org)  
[www.DrFood.myArbonne.com](http://www.DrFood.myArbonne.com)

## Functional Food Consultations

Private and customized consultations to help you identify and correct nutrient deficiencies or food cravings. Use real food and fitness tips to help prevent or reverse disease processes, deal with hormone imbalance or increase immunity, youthful vitality and athletic performance. We'll work with food allergies or intolerance, gluten-free, casein-free, egg-free, too. We can work to decrease or eliminate medication *with your MD* whenever possible! Every Consultation includes two Reports with a Strategy – one for you and one for the physician of your choice.

## BioElectrical Impedance Assessment

State of the art testing of your cell resistance and reactance helps us determine numerous measures of health: Water retention, Intra- and Extra-cellular water, Toxicity, Fat-free Mass, Bodyfat, BMI, Phase Angle, Body Cell Mass and much more. You'll keep a customized, precise & targeted 10+ page Report you can share with your physician.

## DrFood Approved Menu Service

Get your restaurant or plant-based food products DrFood Approved! Ideal for heart patients, diabetics, athletes, calorie-counters, egg-allergic, vegetarians, vegans, dairy-allergic and cholesterol-conscious! Our logo helps your customers identify their healthiest options quickly and sends the message that you care enough to provide for their special needs. Join with fine establishments like *The Millennium of San Francisco, The Chicago Diner, SEVA of Ann Arbor, & The 1860 Van Camp House of Port Sanilac*. Chef consultation & waitstaff training also available.

## AntiAging Consultations

Customized consultations to help you identify and correct nutrient deficiencies, deal with hormone imbalance, restore energy levels, and enhance your youthful vitality using real foods and pure, safe, premium botanically-based products!

## Private Whole Food Market Shopping Tours

Tips & Tricks customized to your unique health & fitness goals, family risk factors, personal wellness and/or disease history, and specific food preparation tastes! Learn ways to eliminate allergens, salt, fats, cholesterol, artificial ingredients, sugar or veterinary growth hormones and antibiotics! Increase the antioxidants, essential fatty acids, phytonutrients, fiber, vitamins and minerals in the foods you eat! Little-known but valuable label-reading tips; Sharpen your serving size skills; Simple ingredient substitutions in your favorite family recipes and get great food preparation ideas tailored specifically to the personal time constraints you have in the kitchen! Select from sites in Port Huron, Troy, Rochester or West Bloomfield.