

Matthew Kansy RD CPT-

Matt is a health and wellness consultant specializing in human optimization through nutrition, physical activity, sleep hygiene, and stress management. With 20 years of experience in the healthcare field, he has helped individuals and businesses achieve a variety of health and wellness goals.

His emphasis is not only on mental and physical performance but also on the treatment and prevention of disease, inflammation, hormone irregularities, weight management as well as optimizing athletic performance and cognitive function.

All information is based on the latest scientific research and studies, along with his own professional experience over the past 20 years.



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