



## Naturally Optimal Dietetics & Therapeutic Massage



778 Lois Drive, Sun Prairie, WI 53590



608-658-5027



608-820-2403



[NaturallyOptimal.com](http://NaturallyOptimal.com)

Dear Dr,

Our clinic provides advanced integrative therapies in dietetics, nutrition, medical massage, & therapeutic bodywork. Our goal is to work collaboratively with medical providers to support the patient's health and wellness. As a multi-state licensed [Registered Dietitian Nutritionist \(RDN\)](#) with a Master's of Science in Nutrition and as an [Integrative Functional Nutrition Certified Practitioner \(IFNCP\)](#), I critically assess the patient's nutritional needs in conjunction with their lifestyle, medical history, condition, and prescribed medications. Then, I then develop a personalized, holistic nutrition care plan which includes a therapeutic diet, possibly supplements, and lifestyle recommendations to meet the clients physiological requirements. Nutrition status is reevaluated every 2 months and alterations are made accordingly.

As a multi-state [Licensed Massage Therapist \(LMT\)](#) and [Nationally Board Certified Therapeutic Massage and Bodyworker \(BCTMB\)](#), I assist self-healing by clearing body restrictions that inhibit physiological and structural function. Practice skills include medical massage as well as specific therapeutic techniques such as myofascial release, lymphatic drainage, visceral and neural manipulation, fascial counterstrain, muscle energy, etc. Please see my website for a description of therapies utilized.

Please consider referring your client to us for nutritional and/or structural therapies. If you have any questions, please feel free to contact me.

Thank you,

Alise Dobrot, MS, RDN, LDN, IFNCP, LMT, BCTMB  
Naturally Optimal