



BEGIN
AGAIN
NUTRITION

2801 B St. #3093
San Diego, CA
92102-2208

Stephanie Gomez, MS, RDN

Dear Valued Practitioner,

I am a Registered Dietitian specializing in weight loss and chronic disease prevention and management. At my private practice, Begin Again Nutrition, I provide medical nutrition therapy in the tone of a patient-led experience so that the patient builds a strong sense of commitment to their goals. Regularly scheduled appointments typically result in progressive improvements in body weight, blood lipid panels, and HbA1c levels. I would like to partner with you and your patients by receiving a referral for the following commonly treated conditions:

- **Prediabetes/diabetes**
- **Dyslipidemia**
- **Hypertension**
- **Liver disease**
- **Renal disease**
- **Cancer**
- **Obesity**
- **Digestive disorders including IBS and GERD**
- **Bariatric candidates and post-surgery nutrition**
- **Food allergies and intolerances**
- **Pregnancies and pediatric nutrition**
- **Vegan and vegetarian nutrition**
- **Other conditions commonly improved by nutrition and lifestyle interventions**

Details regarding nutrition consultations:

- **HIPAA-compliant telehealth connections**
- **In-network with United Health Care, Aetna, and Medicare**
- **HSA and FSA accepted**
- **All major credit cards accepted**
- **Superbill provided for out-of-network insurance**
- **Consultations available in Spanish**

Please contact me with any questions or for further discussion. I am happy to schedule an appointment to meet with you in-person at your office or online. Thank you for your time and I hope to be in communication with you very soon!

All the Best,
Stephanie Gomez, MS, RDN
Registered Dietitian
CEO at Begin Again Nutrition LLC

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