



Kathy D'Agati

Certified Nutrition and Lifestyle Coach

Phone: 866-222-6490

12 I Dorado Dr, Morristown, NJ 07960

Kathy D'Agati is a Certified Nutrition and Lifestyle Coach specializing in Functional Medicine. She is driven by her passion to end our epidemic of autoimmune disease and chronic conditions like high cholesterol, high blood pressure, diabetes, and persistent weight gain. Her studies also focus on the powerful, healing effects of food on the brain.

Kathy teaches committed men and women how to listen to the wisdom of their bodies and overcome their health conditions using the healing power of food. She is a highly experienced coach who can quickly identify the obstacles that derailed success in the past and find innovative ways to move beyond the barriers to achieve lasting success.

Kathy founded her company, Back to Basic Wellness in 2007. She is a graduate of the Institute of Integrative Nutrition with a certification from Columbia Teachers College and is a member of AADP. In 2016 she became a Certified Gluten-free Practitioner with a specialty in autoimmune disease.

Kathy is a 2015 graduate of Leadership Morris and sits on the Leadership Morris Alumni Council. She is the current chair of the Health and Wellness Committee. She loves educating through public speaking and her writings are frequently published in magazines