



Kathy D'Agati

Kathy D'Agati founded her company, [Back to Basic Wellness](https://backtobasicwellness.com) in 2007. She is a Certified Nutrition and Lifestyle Coach specializing in Functional Medicine. Her practice focuses on autoimmune disease, chronic health conditions, and the powerful, healing effects of food on the brain. She is also a Heart Math practitioner with a clinical certification for Stress, Anxiety and Self-Regulation.

In addition to her private practice, Kathy is a practitioner at the Vibrance for Life Wellness Institute, working with Dr. Lorraine Maita, a doctor of functional medicine. Kathy sits on the Community Advisory Board at Morristown Medical Center and is the chair emeritus of the Morris County Chamber of Commerce Health and Wellness Community. She is a 2015 graduate of Leadership Morris and currently serves on the Leadership Morris Alumni Council.

For more information:

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