

**Maria Dello, CN**  
Certified Nutritionist



**In conjunction with our physicians, you can now visit our certified nutritionist. Combine the best of nutrition with the latest in cutting-edge technology, necessary support, and guidance to achieve your optimal health.**

Maria Dello will be your guide to proper nutrition by helping you create an individual nutritional plan. She will medically design a program tailored to fit your nutritional needs.

Maria Dello practices as a certified nutritionist. Maria comes highly qualified and has her own practice in Manhasset. She recently facilitated a program on longevity and anti-aging. Maria's dedication to her patients includes educating them to help improve health and wellness. She is an advocate for living a healthy life style, which can help patients live substantially longer and prevent illness. Her approach focuses on diet, a fitness program, selective supplementation, shopping strategies, and delicious recipes for **optimal health**.

**"DON'T DIET, LIVE IT!"**

Be thinner, feel better, look younger, live longer!

**What should you eat to obtain optimal health?** Healthy eating is the foundation of illness prevention, slower aging, and management of lifestyle diseases. The challenge is: "what should you eat?"

A trip to the bookstore can be overwhelming. The "diet and nutrition" section contains a multitude of different theories: low fat, low carb, vegetarian, high protein. How do you know what the right nutritional approach is for you?

**Here is a start:**

Answer a few questions for your self to see if you may need professional help.

1. Are you fatigued?
2. Are you over weight?
3. Do you have heart disease?
4. Do you have kidney stones?
5. Are you not sure what to eat for your condition?
6. Do you have:
  - low libido?
  - infertility?
  - a poor diet?
  - high cholesterol?
7. Do you suffer from frequent bladder infections?
8. Are you just confused how to get healthy and get the proper nutrients?

**If you answered YES** to some of these questions, you may need to meet our newest member at Urology Associates, P.C.—**Certified Nutritionist Maria Dello**.

**For further information about Maria Dello please call 516.365.1222 or visit [www.dellonutritionals.com](http://www.dellonutritionals.com)**