

Welcome to Nutrition Key™ and congratulations on taking your first step towards vibrant health. I am Angela T Russo, Functional Nutritionist, Integrative Health Practitioner, Nutrition Key™ founder, and your personal guide to unlocking true healing.

With the endless demands and frantic pace of our daily lives, it's easy to feel overwhelmed and find ourselves always rushing. Often, it's difficult or impossible to complete all that we intend to accomplish, and too often, we lose sight of our own well-being.

Today is different, however. Today, you realized that you must shine the light on yourself; you deserve vitality. That's where I come in. My mission is to target the root of your health problems through my proven system, which integrates your body, mind and spirit to help you take charge of your health. I incorporate functional nutrition and therapies to build your body for natural healing.

In addition to recommending whole-food diets and plant-based supplements, I focus on supporting your body nutritionally on a cellular level. Through my complete range of services, you will learn how to build your health naturally.

In preparation for your scheduled appointment, please print and complete all the new patient paperwork. Contact my office if you have any questions. I look forward to meeting you at your scheduled appointment time.

A space and time will be reserved for you. Should a situation prevent you from keeping your appointment, I ask that you reschedule your appointment at least 48 hours in advance to avoid any late cancellation fees.

In Health and Wellness,



Angela T Russo, MS, CNS  
Functional Nutritionist &  
Integrative Health Practitioner