

Have you ever wondered what “reduced fat” or “light” really means? What is truly organic? What should you pay attention to when reading a nutrition label? Do artificial sweeteners actually help you lose weight?



At POTENTRx, our certified, licensed nutritionists can answer these questions for you, and assist you with food choices that support your medical needs, as well as your exercise and lifestyle activities. In a one-hour consultation, we identify your baseline nutritional status, dietary calorie and nutrient levels, and how your lifestyle influences your food choices. Our nutritionists will counsel you regarding supplements, food allergies, meal planning, shopping, eating out, and managing your weight by developing a healthy dietary pattern.

Our goal is to help you find more foods that you can eat, not to tell you what you can't eat. Our nutritionist will help you structure your diet so that you can keep eating the things that you love. The focus of the nutritional consultation is to address your dietary needs, as well as help you be well-informed about what you are eating and how much you should eat. Our nutritionist will help you keep up with the latest nutrition and dietary news.

At POTENTRx, we offer a multidisciplinary approach to your health and fitness. Our doctor, Dr. Sarah M. Speck, and exercise physiologists communicate with the nutritionist to create a cohesive plan for improving your wellness.



The following provides an overview of a nutritional consultation:

Nutritional Consultation: \$300

- PREPARATION

Before your arrival, you will be asked to complete and submit a 3-day food log via myfitnesspal. (<https://www.myfitnesspal.com>). This will be reviewed and analyzed to create a report displaying macro (proteins, fats, and carbohydrate) and micronutrient intake ratios.

- CONSULTATION AND ASSESSMENT (1 HOUR)

At your appointment, the nutritionist (registered dietitian) will review your food log and macro and micronutrient reports with you, discuss your food preferences and eating habits, discuss daily caloric intake, and help you establish dietary goals.

- FOLLOW-UP

Approximately one week after your appointment, our office will send you a written version of the recommendations discussed during the consultation from the nutritionist to help you achieve your goal.

- ONGOING CONSULTATION (OPTIONAL)

If you are interested in meeting with the nutritionist after your initial appointment for further monitoring and advice, each session is \$125. These sessions do not include food log review.



Supplementary Services



Lifestyle Coaching



Exponential Health



Exercise Prescription



Nutrition



Year of Health



Executive Health



Performance Services



S.H.A.P.E.

Please see our flyers for additional information or ask one of our staff. We would be happy to discuss any of our services and pricing with you. Note: We do not bill insurance for our services.

POTENTRx Founders

Sarah Speck, MD, is a cardiologist and medical director of the Swedish Heart & Vascular Institute Cardiac Wellness Program. With her help, the Institute has become a national leader in the early detection and prevention of heart disease, disease-reversal and disease management techniques.

Dan G. Tripps, PhD, recently concluded his academic career, leaving the position as Director of Center for the Study of Sport and Exercise at Seattle University. His research and clinical practice focus on attributes of high performance. Dr. Tripps has coached world-class athletes, served as Executive Director of the Olympic Scientific Congress during the 1984 Olympic Games, and has published 12 books on achievement and performance.

POTENTRx Affiliates

American Council on Exercise (ACE) • Bainbridge Fire Department • Club ZUM • Pocock Rowing Foundation • Precor • Rainier Vista Boys & Girls Club • Seattle Fire Department • Seattle Sockeye • Seattle Thunderbirds • Seattle University • Skillshow • Snohomish Fire Department • Technogym USA • USA Rowing • USA Rugby • Vicon • Washington Athletic Club • Waypoint Outdoor • YMCA of Greater Seattle