

Watertown, NY, October 7, 2009 – Nicole Garnsey, MA, RD, CDN, CDE has announced the opening of her own private practice, **Feed the Soul Nutrition, Inc.** at two locations—downtown Watertown and Ogdensburg at the St. Lawrence Health Alliance. Her offices are located at **727 Washington Street, Watertown**, on the first floor of the QuikMed Urgent Care Building across the street from Samaritan Medical Center and at **3 Lyons Place at the St. Lawrence Health Alliance in Ogdensburg, NY.**

Garnsey obtained her Master of Arts degree in Nutrition Science from Syracuse University and proceeded to complete the dietetic internship program through Syracuse University as well. In 2005, Nicole became certified as a Diabetes Educator (CDE) through the National Certification Board of Diabetes Educators; Nicole remains one of the few CDEs here in the North Country. As President and CEO of **Feed the Soul Nutrition, Inc.**, Nicole works as a nutrition counselor, speaker, diabetes educator, and media spokesperson.

Nicole serves a variety of organizations, including individuals and their families, hospitals, long term care facilities, corporations, and universities. Because of her diverse background, Nicole has expertise in several nutrition specialty areas, including diabetes, chronic kidney disease, hypertension, bariatric nutrition, weight management, and geriatric nutrition. Nicole incorporates a non-diet approach to empower her clients to make behavioral modifications and lifestyle changes to feel their very best each and every day.

Nicole has served as the Public Relations chairperson for the Central New York Dietetic Association (CNYDA) and is currently the Chair of the Seaway Valley Subchapter of CNYDA. She is a member of the American Dietetic Association, the New York State Dietetic Association, the Dietitians in Business Dietetic Practice Group, as well as the Diabetes Care and Education Dietetic Practice Group. Nicole has published numerous nutrition and diet articles on various websites and in magazines, as well as a monthly e-newsletter through her company website, www.feedthesoul.org.

As a New York State certified dietitian-nutritionist (CDN) and registered dietitian, Nicole is able to provide Medical Nutrition Therapy (MNT) for the nutritional management of numerous medical conditions such as diabetes, chronic kidney disease, high cholesterol, high blood pressure, and food allergies. Many health insurance companies will cover the cost of MNT with a medical diagnosis and a referral from one's primary care provider. Nicole is currently accepting new patients at her Watertown and Ogdensburg locations; Nicole can be contacted via phone at 315-783-6810 or via email at kngarnsey@yahoo.com. Her website is www.feedthesoul.org. Night and weekend appointments are available upon request. CONTACT INFORMATION: Nicole Garnsey, MA, RD, CDN, CDE, Feed the Soul Nutrition, Inc., T: 315-783-6810 Fax: 315-686-4320 www.feedthesoul.org