



**DEDICATION
HEALTH**

Innovative Concierge Medicine



“I am particularly passionate about helping patients understand how nutrition can support both how they feel today and how they age over time. My goal is to help each patient better understand their body, feel confident in their nutrition choices, and develop realistic strategies that support both current health and long-term well-being.”

– Karen Raden, MS, RD, CCN

Karen Raden MS, RD, CCN

Registered Dietitian and Certified Clinical Nutritionist

Karen Raden, MS, RD, CCN, is a Registered Dietitian and Certified Clinical Nutritionist at Dedication Health with more than 25 years of experience helping patients improve their health through personalized, evidence-based nutrition. Her approach combines the science of nutrition with a thoughtful understanding of each person's health history, lifestyle, relationship with food, and individual goals.

Karen provides personalized nutrition support across a range of needs, with expertise in digestive and metabolic health, women's health and menopause, healthy aging, body composition, cardiovascular health, autoimmune and inflammatory conditions, and GLP-1 nutrition support.

Rather than taking a one-size-fits-all approach, Karen looks at the whole person. Her recommendations are grounded in current nutrition science but designed to be practical and sustainable.

EXPERTISE

- Clinical Nutrition
- Functional Nutrition
- Gastrointestinal (GI) Nutrition
- Diabetes & Prediabetes Dietary Management
- Nutrition for Autoimmune & Inflammatory Conditions

dedication-health.com