

NYC Women's Wellness moderator and panelist biographies:

Nathalie Rhone '08

Nathalie is a Registered Dietitian and Functional Medicine Nutritionist who has a Bachelor of Arts in Psychology from Cornell University, completed her Dietetic Internship at New York University and NYU Langone Medical Center, and has a Masters of Science in Clinical Nutrition from New York University. In addition to one-on-one counseling Nathalie has also worked at Weill Cornell Medical College and New York Presbyterian Hospital.

The relationship between food, emotion, science, and spirituality is complex. Nathalie's background in psychology has provided her with the tools for the deep psychological exploration that is needed to accompany intensive nutrition therapy for true success. Nathalie not only has a strong science foundation, but she has a unique understanding of the connection between the mind and the body, and absolutely loves good food!

Nathalie is the founder of Nutrition by Nathalie LLC and All Good Eats, a social media health and wellness brand focusing on healthy, practical recipes and leading a clean, holistic lifestyle. When she isn't working with her clients or on media projects, you can find Nathalie working out, experimenting with new recipes in the All Good Eats Kitchen, or traveling with her husband and mini-aussie, Brady.

Melissa Doft '96

Double board certified by the American Board of Plastic Surgery and the American Board of Surgery and a Clinical Assistant Professor of Surgery at Weill Cornell Medical College, Melissa Doft, MD specializes in a broad range of cosmetic and reconstructive treatments. She seamlessly combines traditional surgical methods with the most state-of-the-art, data-proven new technology. Known for her warm demeanor, genuine kindness, and meticulous attention to detail, Dr. Doft understands the beauty concerns we face and offers conservative, natural-looking solutions.

Voted as a Rising Star in the *New York Times* and one of New York's Best Doctors in *New York Magazine*, Dr. Doft graduated *magna cum laude* from Dartmouth College with Rufus Choate Honors, where she studied Biochemistry and Art History. Valedictorian of her class at New York University School of Medicine, Dr. Doft graduated with honors for her research in Cell Biology, was elected to the Alpha Omega Alpha Honor Medical Society for overall academic and clinical excellence in medicine, and received the Valentine Mott Medal for academic achievement in Anatomy, Cell Biology, Histology, and Embryology, the Alumnae Golden Key Pin award for academic achievement and commitment to extracurricular activities, and the Kosciuszko Foundation Dr. Marie Zakrzewska Medical Scholarship for academic excellence. She completed her internship at the University of California, San Francisco (UCSF) in the department of surgery.

At the Columbia University campus of New York-Presbyterian Hospital, she trained in general surgery. There she served as chief resident and was recognized by the Arnold P. Gold Foundation Circle of Excellence for humanitarianism and excellence in teaching. She completed her plastic surgery training at the combined program of Cornell and Columbia Universities at New York-Presbyterian Hospital where

she received the Goulian Award for Academic Excellence in Plastic Surgery. Dr. Doft has also trained at Memorial Sloan Kettering Cancer Center, Hospital for Special Surgery, and Manhattan Eye, Ear and Throat Hospital.

In her role as a Clinical Assistant Professor of Surgery at the Weill Cornell Medical College, Dr. Doft teaches plastic surgery to the New York-Presbyterian residents. She is also on staff at Lenox Hill Hospital, Manhattan Eye, Ear and Throat Hospital, and Mount Sinai where she is actively involved in teaching the aesthetic surgery fellows. She has published numerous peer-reviewed articles and chapters in the field of plastic surgery, including recent publications in *Plastic and Reconstructive Surgery*, *Aesthetic Plastic Surgery* and the *Journal of Plastic, Reconstructive, and Aesthetic Surgery*. She has won many awards for her research contributions and has been invited to lecture both nationally and internationally. She has been invited to be a visiting professor in China to speak about her experience with ear molding and otoplasty. Dr. Doft serves on the advisory board for Becon Medical. She is a frequent contributor to *Vogue*, *Harper's Bazaar*, *Elle*, *Allure*, *Town and Country*, *In Style*, *New York Post*, *Marie Claire*, among other publications. Dr. Doft is affiliated with New York-Presbyterian Hospital, Lenox Hill and Manhattan Eye, Ear and Throat Hospital, New York Eye and Ear Infirmary of Mount Sinai, and Greenwich Hospital.

Kristina Hess '92

Kristina is a premier health coach and licensed dietitian/nutritionist who works with clients to support them in making lifestyle changes that produce real and lasting results. Kristina has a Masters degree in Clinical Nutrition and Integrative Health from MUIH - [Maryland University for Integrative Health](#) and several certifications in areas ranging from [Mindful Eating](#), [HeartMath](#), to [Ericksonian Hypnosis](#) to Sport Nutrition. Kristina received her health coach certification from the [Institute for Integrative Nutrition](#). Kristina's integrative and functional approach is an arm within the Functional Medicine model of the IFM. Functional Medicine views us all as being different; genetically and biochemically unique. A functional approach is deeply science based and views everything that happens within us as a connected network or web of relationships. Understanding those relationships allows us to see deep into the functioning of the body. Kristina believes that your body is intelligent and has the capacity for self-regulation and healing, which expresses itself through a dynamic balance of all your body systems - beginning with digestive health. Health is not just the absence of disease, but a state of immense vitality, joy and wellness in body, mind and emotions. Nutrigenomics, an emerging science in the nutrition field, is the study of looking at our genetics and how it might inform the best nutrition plan. Kristina offers genetic testing through a company called [Nutrition Genome](#).

Kristina is based in Darien, CT but has Tuesday office hours at East Side Oncology Associates/ [American Infusion Centers \(Uptown\)](#) to serve patients in Manhattan. Kristina has supported patients with the following clinical conditions (to name a few): Breast cancer, Pancreatic cancer, Brain Cancer, Crohn's, Ulcerative Colitis, Lymphatic Colitis, Rheumatoid Arthritis, Fibromyalgia, Lupus, Hashimoto's Thyroiditis, Type I & II Diabetes, Crest Artherosclerosis, Psoriatic Arthritis, Psoriasis, Lymphoma, GERD, Insomnia, IBS, High Blood Pressure, Anemia, Hypothyroid, Panic Disorder, Depression and Metabolic Syndrome/Obesity. Conversely, Kristina also works with athletes and healthy individuals seeking to optimize their health or simply lose weight. Kristina does not work with patients diagnosed with Eating Disorders such as Anorexia or Bulimia, nor does she work with people who were formerly treated for

these conditions.

Kristina is the former Director of Nutrition of Green & Tonic, a healthy plant-based food concept with several locations around Fairfield County. During her time with G&T, Kristina oversaw the cleanse program and built an online "G&T University" Learning Management System to provide on-boarding and training for the staff. Kristina was also involved in community outreach and developed lunch and learn seminars that were offered at corporate offices, private homes and community centers such as the Westport YMCA. Kristina is available to provide Wellness seminars to your corporate office, book club, women's group or child's school on a variety of topics such as The Food-Mood Connection, Eating the Rainbow, Eating the Rainbow (for Kids), 10 Secrets to a Better Body, The 5 Keys to Super Human Health, Hotel Health for Executives and De-Stress It!

One of Kristina's favorite things to do is run 30-day "Sugar Detox" challenges for fitness studios and private groups. Kristina has collaborated with CrossFit Stamford, Greenwich CrossFit, Pure Barre Greenwich, Pure Barre Westport, Lifecycle Fitness, Intensity, CrossFit Revel, SISU Fitness (now CrossFit Westport), Empire State CrossFit, and Elite Health Services. She has also run these challenges for private groups, including school teachers, the Darien Board of Realtors, and Marblegate hedge fund in Greenwich.

Tara Tersigni '03

Tara Tersigni is currently the COO at Beauty Evolution LLC, Bobbi Brown's wellness and lifestyle company in Montclair, NJ. She oversees EVOLUTION_18, a line of beauty-based, wellness products, justBOBBI.com a content and e-commerce platform, and executes the 360 vision, and brand strategy, of Bobbi Brown the person. After working in Los Angeles in TV production and development with channels like CBS, E!, and A&E, Tara moved to NYC where she met Bobbi, and the two have worked together since. She started as her Chief of Staff at Bobbi Brown Cosmetics, then went on to be the managing editor of Bobbi's digital magazine Yahoo Beauty. A Boston native, Tara graduated from Southern Methodist University in Dallas, and currently lives in Montclair, NJ with her husband and two daughters.