

Dr. Robert P. Dell'Amore

*Founder, Owner
The Healthy Kitchen, Inc.,
Life Skills for Healthy Eating
and Cooking*

Dr. Robert P. Dell'Amore's lessons on healthy eating inspire thousands of youngsters to eat their vegetables — and love them, too.

Dell'Amore, a Rockville Centre chiropractic physician in practice for 22 years, developed "Life Skills for Healthy Eating and Cooking" as a way to prepare healthy meals quickly for his own children. Through his engaging nutrition workshops, Dell'Amore demonstrates simple and healthy meals designed to please today's youth, busy professionals and families on-the-go.

Dell'Amore devotes much of his time and knowledge to help parents, caregivers, educators, children and teens develop better eating habits through healthy, flavorful, home-prepared meals. Taking a "back-



to-basics" approach, Dell'Amore shares the secrets to smart grocery shopping, food preparation and storage. He has developed a

kinesthetic model of teaching—through stimulation of the senses of sight, smell and taste—which develops and entices the palates of today's youth towards healthier eating. This innovative method of teaching has been recognized by Adelphi and Hofstra Universities and has been featured with their Parenting Institutes and Graduate Schools of Health and as Professional Development for their faculties.

Moreover, his work addresses the pandemic rise in pediatric and adult obesity, type 2 diabetes, coronary heart disease and hypertension in children; and offers effective dietary intervention strategies for the

prevention of these life-threatening diseases.

With incredible passion for his work, Dell'Amore has engaged audiences in public and private schools, universities, hospitals, libraries and other institutional and community organizations. He has facilitated workshops for The American Diabetes Association; The Juvenile Diabetes Research Foundation; Nassau University Medical Center; Bronx-Lebanon Hospital; Boys and Girls Club of America; Boy Scouts and Girl Scouts; and the North Shore, Port Washington, Mineola, Uniondale, Hempstead, East Meadow, Syosset and Oceanside school districts.

He holds degrees in Chiropractic Medicine from New York Chiropractic College and completed a Post Doctoral Residency in Chiropractic Neurology from Life Chiropractic College.