



Suzi Dobias

Founder and Owner of RCA Nutrition

Suzi Dobias is known in the industry for her progressive techniques and proven results. Suzi specializes in Bioindividual Nutrition which is the science and clinical application of food and nutrient choices based off the individual biochemical needs of each person. She believes that we are not one size fits all people and should not be treated as such when it comes to our diets and nutritional needs. With Suzi not only being a certified nutritionist, SIBO practitioner, and specialist in nutrigenomics, but also a Master Trainer, you get the complete package, which brings the results you are looking for quickly. Suzi has presented at various conventions over the years and helped set up programming for health clubs and businesses all over the country.

Books and Programs

Suzi is the creator of various popular programs for health clubs, nutritionists and trainers. She is also the author of Gluten Free Mastery which she developed because of her and her daughter's battle with celiac disease. Her creation of Root Cause Analysis (RCA) based nutrition incorporates scientific research, naturopathic clinical practices which has led to hundreds of people losing weight and resolving long standing chronic health conditions. Her programs include a revolutionary one week detox and a 4 week Bio-Individual Nutrition program that teaches clients how to find the right nutrition based on the bioindividual needs of the unique person.

Our Mission

The mission of RCA Nutrition is to give customers the best nutrition value that they can find anywhere and to equip them with the information required to make informed wellness decisions. We are committed to empowering individuals to a healthier lifestyle and identifying the root cause of your issue(s) and providing solutions to resolve them through scientific research and naturopathic clinical practices.

Our Focus

Root Cause Analysis (RCA) is a driven focus on finding the underlying problem and applying corrective action to prevent a condition from occurring or reoccurring. It is revolved around Bioindividual nutrition which take into consideration digestive capacity, family history, genetics, inflammation, symptoms present, lab results, stress factors, lifestyle, dieting history, health history, and hormones. It is the jack of all trades that masters in nutrition, and specializes in autoimmune disorders, hormonal issues, food allergies / sensitivities, celiac disease, inflammation, digestive issues, pediatric nutrition, cancer, genetics, SIBO, and weight loss.