



COURTESY PHOTO

## CSL Nutritional Services

Memorial resident and registered dietitian Carol S. Lapin has opened a 1,200-square-foot office on Gessner near the Katy Freeway for people looking for a nutrition expert.

**ADDRESS:** 1065 Gessner, Suite 203

**PHONE NUMBER:** 713-932-8888

**WEB SITE:** [www.cslnutritionalservices.com](http://www.cslnutritionalservices.com)

**OWNERS:** Carol Sheffield Lapin, RD, MS, LD, CSSD

**WHAT THEY'RE SELLING:** Carol has been a registered dietitian since 1991 and spent 10 years as the nutritional consultant for the Houston Astros. She has worked out of her home for many years, often using her kitchen for demonstrations of healthy cooking, as she believes in an interactive approach with clients. As her business has grown and evolved in the last few years through doctor referrals and word of mouth, she decided she needed a larger office that encompassed a full-service kitchen so that she could have a one-stop shop for her clients.

**WHY SHOULD YOU GO:** How many registered dietitians do you know who have a fully-outfitted kitchen in their own office? Learn state-of-the-art nutrition information from a nutrition expert in a fun and practical way. Go beyond conversations and getting handouts. Learn good nutrition in the kitchen! Carol works with clients on lifestyle changes, not going on the latest fad diet. Those changes include both eating and exercise.

**ULTIMATE  
BUSINESS  
OF THE WEEK**