

# FoodSense AtoZ

■ [www.foodsenseatoz.com](http://www.foodsenseatoz.com)



## **PERSONAL BIO**

Since entering into a more natural lifestyle, I have immersed myself in the study of herbs, plants, and nutrition. I have studied at the Southwest Institute of Healing Arts and The Herb Stop, completing 2,000 total hours of education and receiving numerous certificates in the field.

I share this knowledge with clients in nutrition classes, providing education on shopping and preparing healthy alternatives. These classes empower attendees with the ability to incorporate a rainbow of fruits, vegetables and sensible food choices, while making minimal changes to their daily lives.

When not pursuing my passion, I spend time with my two young adults as they motor their way through college.

## **EDUCATION & CERTIFICATION**

1991- 1994 The Herb Stop: Levels 1, 2, and 3 certifications totaling 600 hours in clinic and medicine making.

2007 - 2010 Southwest Institute of Healing Arts: Western Herbalism Education

2009 Bach Flower Essence: Level 1 certification

2009 Tucson Shamanic Master Course

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