



BIOGRAPHY MARY TRAVOSTINO CFNC | CHHC

Owner and Founder, MindShift Transformations

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MindShiftTransformations.com



Are You Ready for a Change?

For over 25 years, MindShift Transformations founder, *Mary Travostino*, has been helping individuals of all ages develop health and well-being through personal and group coaching. As a Certified Holistic Health Coach (CHHC) and Certified Functional Nutrition Counselor (CFNC), Mary provides comprehensive services to guide and help you feel the confidence and support you need to overcome your challenges. That's why her mission is simple: building a sense of community by giving clients health and wellness education, tools, and resources to feel happy, healthy, and capable of managing life's pressures.

Through her own battle with weight loss coupled with mental wellness, Mary recognized her personal journey would prepare her for what was yet to come. Recognizing the missing link between obesity, autoimmune disease, gut health and mental wellness, Mary went on to complete her certification as a Functional Nutrition Counselor at the Functional Nutrition Institute.

Mary was a Regional Consultant and owned and operated a Weight Loss Clinic for Ideal Protein and has worked in nutraceuticals for 25+ years, holding several certifications including Certified Holistic Health Coach from the Institute of Integrative Nutrition; Certificate of Christian Ministry from the Pillar College Academy of Continuing Education; Faith-Based Christ Centered Certification from Pillar College; Recovery Coach from Recovery Advocates for the Shore; and, Mental Health First Aid through the National Council For Behavioral Health. Mary is also continuing her education in the Human Resources and Addictions program at Brookdale Community College.

Regardless of what decade you are in, if you are looking to make this the best decade of your life, MindShift Transformations is here to help transform your goals to a reality. Serving both individuals or groups, together we will create positive and lasting transformation!