



Mary Sheila Gonnella, NC, BCHN  
Certified Nutrition Consultant

## Biography

Mary Sheila studied at California's state-certified Bauman College for Holistic Nutrition and Culinary Arts, where she received certificates as a Nutrition Educator and Consultant, and is Board Certified in Holistic Nutrition.

When working with clients, Mary Sheila's holistic approach creates well-rounded support through diet analysis, cooking instruction, healthy recipes, supplement education, metabolic testing, and individualized dietary guidance and education. She is currently training as a Diabetes Educator and supports clients with weight loss and detoxification in groups and one-on-one consultations.

Mary Sheila complements her nutrition practice with Pilates and movement classes, being certified as a Pilates Mat and Rhythm Workout Instructor. She is a member and current Co-Chair of the Northern California Chapter of the National Association of Nutrition Professionals (NANP).

Her weekly radio show discusses health matters with a focus on nutrition, and is heard on Occidental's community radio station KOWS, 107.3 FM, on Wednesday mornings from 9-10. She teaches healthy-cooking classes, lectures, and consults with clients in her office in downtown Occidental.

Mary Sheila lives in Occidental with her husband and daughter.

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