



BAUMAN COLLEGE
Holistic Nutrition and Culinary Arts

Spring 2012

Nutrition Consultant • Natural Chef • Nutrition Essentials for Everyone
Berkeley, CA • Sonoma County, CA • Santa Cruz, CA • Boulder, CO • Distance Learning

Turn your passion for nutrition into a career.

Graduate Spotlight

Diane Sanfilippo, Nutrition Consultant



I attended the **Nutrition Consultant Training Program** in Berkeley, CA and graduated in June of 2011.

Early in 2008, I opened *Balanced Bites*, an organic, gluten-free meal delivery business. I managed all aspects of the business, including web design, marketing, shopping for ingredients, menu planning, cooking, and delivery of meals. After

only a few months, I realized I wanted to do more than provide healthy meals – I wanted to teach my clients, family, and friends to provide for themselves. I realized my passion was to teach people how they could take responsibility for their own health through proper nutrition and lifestyle. I wanted to enable my clients to plan, shop for, and prepare healthy meals all on their own.

I began to research nutrition schools and found Bauman College. The school was an ideal fit for my lifestyle, and the in-depth science-based curriculum was exactly what I wanted to learn. I have always been extremely interested in science, biology, and physiology, and being able to learn about nutrition from a scientific approach was important to me. The program itself required a lot of energy, thought, and time. I found that the level of demand and the effort required for the curriculum helped prepare me to become a confident and successful Nutrition Consultant.

I absolutely LOVE what I do now! Currently, I work as a Holistic Nutritionist specializing in Paleo Nutrition, blood sugar regulation, food allergies/intolerances, and digestive health. I coach approximately 10 to 15 clients

one-on-one. It's amazing watching them transform their lifestyles and take the right steps to obtaining their optimum health. My true passion, however, lies in larger groups. I find it invigorating to stand in front of 20-40 people, share with them real information about how food works in their bodies, and then watch the light bulbs go on in their heads. The power of the body to self-heal when given proper nutrition is astounding, and I can't wait to share that with an even broader audience.

I have also published two eBooks and am in the process of writing a third book that will be published and printed. The work I completed in the **Nutrition Consultant Training Program** plays an integral part in the content of my books. I frequently find myself referencing books, power point slides, homework, and other sources we used throughout the course while working with clients and preparing material for my books. For example, the newest book will include items such as therapeutic meal plans, as well as herbal and supplement recommendations for each group of related conditions learned during the course and will focus on the use of a whole foods/Paleo approach to nutrition. Various health conditions will be addressed, ranging from digestive distress, intestinal permeability, and autoimmunity to neurological conditions.

I can honestly say that my life has been changed forever by my experience at Bauman College. As honest education about how food works in the body, it was an experience that I wouldn't trade for anything. **It's not always clear what you will do with your education when you're finished, but if you set yourself up to study information you are excited to learn, then you will have taken the first step to a rewarding career.**

Learn more about Diane, her books, and her new podcast (available in iTunes) at balancedbites.com.