

Sheryl Maggipinto, Healing Heart Nutrition LLC

With over 15 years in the health industry, serving as a well-being expert, motivator, group facilitator, and coach, Sheryl Maggipinto has demonstrated and shown proven results of success in helping to enhance the lives of many individuals. She holds a master's degree in nutrition and dietetics and an undergraduate degree in nutrition from the University of Saint Joseph. She is also a certified practitioner in Monash University's low FODMAP diet and a certified lifestyle eating and performance therapist, which has provided her with advanced clinical training in managing adverse food reactions and emphasizing food sensitivities and techniques for enhanced mindfulness.