

## **Tricia Cardone, CN™, CHHC, CGP**



In college, **Tricia Cardone, CN™, CHHC, CGP**, studied biology, nursing and the nutritional sciences. She attained her nutritional certification through American Health Science University in Colorado. Tricia is a (CGP) Certified Gluten Practitioner and she is Tier 1 and Tier 2 Certified by the Gluten Free Society. Tricia is also a graduate of the prestigious Institute for Integrative Nutrition® school, located in NYC, and is a Board Certified Holistic Health Coach. This training has inspired her to pursue her passion of teaching clients about whole food nutrition, healthy cooking, and holistic approaches to healthy living. Tricia is an established natural foods cook/instructor. Tricia currently gives ongoing cooking classes for those with various health concerns by teaching clients cooking alternatives with the omission of gluten, grains, dairy and refined sugars.

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