

hello

Healthy Mind Nutrition
www.healthymindnutrition.com
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562-335-5774

EDUCATION

CERTIFIED NUTRITION
THERAPIST PRACTITIONER
Nutrition Therapy Institute
2017-2019

CAL STATE UNIVERSITY
FULLERTON
English Education
2006-2008

PRANIC HEALING TRAINING
2016

EXPERTISE

HOLISTIC-BASED HEALING
MIND-BODY-SPIRIT ALIGNMENT
HEALING FOODS
PREVENTATIVE STRATEGIES
DIETARY KNOWLEDGE
GUT HEALTH SUPPORT
CUSTOMIZED MEAL PLANS
ONE-ON-ONE CONSULTATIONS
GROUP WORKSHOPS
SELF CARE PRACTICES

ALLY PERKINS

NUTRITION THERAPIST

ABOUT ME

I am the owner of Healthy Mind Nutrition and recent graduate from Nutrition Therapy Institute. After years of suffering from my own chronic conditions, I embarked on a journey of lifelong healing and found my true purpose. I began shedding weight, healing depression and IBS, and releasing unhealthy eating habits while gaining knowledge, insight, and a love for all things health. As a mother of two small children, I am able to now give my babies what I never had—a healthy, stable, conscious upbringing. It's my mission to help others who can relate and inspire my clients to be mindful of their health and wellness needs.

WORK EXPERIENCE

JANUARY
2017
PRESENT

HEALTHY MIND NUTRITION

HMN's main focus is a mind, body and spirit connection approach to healing. Working within these guidelines allows my client to have a true comprehensive healing. Based on holistic healing, HMN gets to the core of the issue by treating the root cause as well as the symptoms while working towards healing without the use of medication, antibiotics and quick fixes.

- Conscious & Lifestyle Coaching
- Prenatal & Postnatal Nutrition
- Gut Health Support
- Whole Foods Dietary Approach
- Healing Foods
- Food & Body Education
- Self Care Practices
- Customized Meal Plans
- Group Workshops

OCTOBER
2013
May
2015

HEALTHY MIND NUTRITION

Originally, HMN started as a cooking business for clients with limited and/or special dietary needs, and those who wanted to eat healthy but didn't have the time. My clients consisted of those with autoimmune conditions, busy lifestyles, and weight concerns.

- 5-days worth of fully cooked meals
- Packaged and delivered weekly
- Pre-selected menus by client
- Nutrition information upon request

** References Upon Request