



Mary Ellen Zung

Health and Nutrition Coach

**Phone: 973-617-6742**

Mary Ellen Zung is a Certified Holistic Health and Nutrition Coach with expertise in healthy eating and lifestyle change to alleviate and manage digestive issues, overweight, autoimmune, prediabetes, and other chronic diseases.

Mary Ellen has fifteen years of health and wellness coaching experience. She offers both individual and group health, nutrition, and lifestyle programs and coaching. She is a speaker in the community and for employers, and is author of a healthy living blog and newsletter.

Mary Ellen is a graduate of the Institute for Integrative Nutrition where she received her Health Coaching Certification. She earned her Bachelor of Arts in Psychology from Emmanuel College and earned graduate level credits in Industrial Psychology and Business from SUNY, Baruch College. Mary Ellen also holds a New Jersey teaching certificate. She is a member of the American Association of Drugless Practitioners, the International Association of Health Coaches, the Natural Life Business Partnership, The New Jersey Health Collaborative, and the Morris County Chamber of Commerce.

Mary Ellen offers a [confidential, no-cost consultation](#) to review health history, current health concerns, and together bring clarity to future goals and a path forward.

You can learn more about Mary Ellen [Here](#).