



Mary Ellen Zung

Holistic Health Coach

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Mary Ellen Zung is a Certified Holistic Health and Nutrition Coach. After struggling with roller coaster diets, chronic stress, autoimmune and digestive conditions and not receiving answers from the conventional medical arena, she educated and healed herself with nutrition, stress and thought management techniques, and other healthy lifestyle routines.

Mary Ellen has fifteen years of health and wellness coaching experience. She offers both individual and group health, nutrition, and lifestyle coaching, and seasonal whole food cleanses. She is a speaker in the community and for employers, and teaches a diabetes prevention program for a local YMCA. She 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.