



**Xonna M. Clark, LLC**  
**Xonna M. Clark, MS, CNS, LDN**  
**Integrative/Functional Nutrition, Healing Foods Culinary Chef,**  
**Herbalism, Wellness Coaching**

**Xonna Clark is a licensed dietitian-nutritionist, coach, herbalist and culinary chef with a specialty in foods for healing.**

- She was trained at Maryland University of Integrative Health, the Natural Gourmet Institute for Health and Healing, and the Academy of Culinary Nutrition.**
- Her nutrition practice specializes in metabolic imbalances, including inflammation, blood sugar, cardiovascular disease, autoimmune, endocrine, neurological disorders, digestive disorders and resistant weight.**
- Her passion is helping to create more joy and ease and less stress with nutrition and in the kitchen.**

**[Full Bio](#)**

**Workshop: Food for the mind, body and soul •  
Bring You Back Into Greater Balance**

**TNAT Holistic Wellness Center  
3221 Belair Rd Baltimore, MD 21213  
For more info please visit  
[www.templeofnat.org/](http://www.templeofnat.org/)**

