

Mary Gocke, RDN, CDN
Director of Nutrition at Blum Center for Health, Rye Brook NY

For 25 years, Mary Gocke has been successfully using food and nutrition science to treat and heal people with chronic illnesses and acute conditions.

A registered dietitian and nutritional counselor, Mary's emphasis is on nutritional therapies that incorporate functional and medicinal foods, vitamins and mineral supplementation, and detoxification and elimination programs, for managing heart disease, cancer, gastrointestinal disorders, autoimmune diseases, food allergies, accumulation of toxins, and metabolic and hormonal disorders. Her clients have ranged from those with specific medical conditions, to people whose health is generally good but who want to understand how improving their food choices can make them feel better—both physically and emotionally.

Mary is an experienced Functional Medicine nutritionist and registered dietitian who has worked professionally with physicians as a critical adjunct to their practices. She has published research on AIDS and nutrition. Most recently she participated in a grant at Northern Westchester Hospital studying the importance of nutrition and healthy cooking in reversing heart disease.

Mary worked as an integrative medicine nutritionist at Beth Israel's Continuum Center for Health & Healing and at Greenwich Hospital's Integrative Medicine Center. In her role as Director of Nutrition at Blum Center for Health, Mary will supervise the Weight Loss and Detox programs, be available for consultations with all medical patients and clients and also help to launch and develop the new BlumKitchen OrganicToGo! program.

Mary received her Bachelor's Degree in Human Nutrition and Food Science at the University of Florida and completed her internship in Nutrition at New York Hospital. Mary has been featured in the Wall Street Journal and More Magazine, and appeared on News 4 New York and Access Hollywood. She is also a member of the Food and Nutrition Council at Northern Westchester Hospital in Mt. Kisco, New York.

Mary believes that inflammation and weight gain are synergistic and therefore, practices what she preaches by eating a plant-based, colorful diet—the more color on her plate, the better. Helping people navigate through the maze of nutritional information so that they are able to understand their specific needs brings Mary great joy.