

Amy Sapola is passionate about helping people achieve radiant health through reconnecting with their own intuition, nature, and deep nourishment as well as working on public health issues related to the social determinants of health, soil health, and planetary health.

Amy Sapola is a Certified Wellness Coach, Institute for Functional Medicine Certified Practitioner (IFMCP) and Doctor of Pharmacy with a B.S. in Nutrition. She has also completed a 2 year fellowship with honors in Integrative Medicine from the Academy of Integrative Health and Medicine (AIHM).

Amy Sapola is the Director of Farmacy at The Chef's Garden where she works to help guide consumers towards a mindful relationship with food by connecting the benefits of healthy soil, to healthy food, and ultimately, to healthy people.

As a mother of two young children, master gardener, passionate cook and long-time yogi, Amy Sapola has an integrative approach to health and wellness both personally and professionally.