

BIOGRAPHY

Name/Title: Heliene Tobler Ph.D., Holistic Nutritionist

Biography: Heliene Tobler is founder of Body of Health, a nutritional and lifestyle mentoring company, and co-founder of DrTobler.com, a health and wellness information site. She has a bachelor's degree in business and Masters and Ph.D. degrees in Holistic Nutrition. Her addiction to healthy eating led to culinary training under Chef Gordon Rader at Indian Hills Community College, where she has served as an adjunct. She later created Kidz Can Cook, an introductory course for elementary age students, where they learn cooking fundamentals and how they can be used to make nutritious eating fun. She co-hosts the weekly radio show "Healthy U", promoting health and wellness, airing on KMEM 100.5 in Memphis, MO. In 2016, Heliene and her husband Randy created the Midwest Ambassadors for the Culinary Arts (A/K/A MACA), a 501(c) 3 with the mission of promoting regional culinary education and awareness. Heliene, Chef Rader and students at the college produce regular multi-course culinary events that draw patrons from the region who dine heartily in support of MACA. Educational grants and capital equipment gifts have been awarded to area students and their programs.

A broadcaster, blogger and coach for families who want to stay healthy, Heliene teaches practical wellness, from the eyes of a recovering fad dieter. She is also is an advocate for culinary education as a recession proof vocation. As important is how culinary professionals can create the social, psychological and physical health through the art of a great dining experience.