



Bio: Mona S. Ottum, RD Essential Balance Nutrition, L.L.C.

Mona has been a Registered Dietitian for four years, graduating with a 4.0 from Eastern Michigan University, and is near completion of a Masters of Human Nutrition from EMU as well. She has presented posters at both the undergraduate and graduate research fairs. She recently started up her private practice as a nutrition consultant and wellness coach. This is a second career for Mona, who received a BS in Chemical Engineering from Michigan Technological University in 1981. Mona's scientific background has led to an approach that is profoundly science-based and cutting edge to help clients and patients cut through the fads and confusion while challenging current public health messages that are not well founded in science. Mona has advanced certificates of training in weight management and Functional Medicine. Mona has been a resident of Saline for 18 years and has raised two children here, Paul ('07) and Sarah ('11) with her husband Brian. She has coached club soccer and volleyball and sat on the Saline Area Soccer Association for 5 years. She still plays indoor soccer twice a week and is an avid gardener and downhill skier. She has recently picked up mountain biking, a passion of her husband and son. Mona and Brian have also been very involved in the Saline Girl Scouts and Boy Scouts with their children.