



# LINDA CARDONA

DIETITIAN

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NUTRITION  
& MINDFULNESS

## EDUCATION

- 2024-2029** **Certified Dietitian (RD) in México (REG NC 24/0797)**
- 2007-2008** **Nutrition Specialist (Chronic Disease)**  
Instituto de Nutrición y Tecnología de los Alimentos (INTA)  
Universidad de Chile. Santiago, Chile
- 2002-2006** **B.S. Nutrition and Food Science (CP 5714459)**  
Universidad Iberoamericana. Tijuana, México.

## LANGUAGES

- Spanish**  
Native
- English**  
C2- Professional

## EXPERIENCE

### **2008-Present** Private Practice (Nutrition & Mindfulness)

Providing nutritional therapy to clinicians and self-referred patients with chronic diseases (Obesity and Bariatric surgery, Diabetes, Cancer, Autoimmune D., etc.) with a Clinical and Integrative Focus.  
Content creator for Bariatric Surgery Groups and Nutrition Counseling for Tijuana Bariatrics  
Recipes published in IFSO 2024, INTERNATIONAL Bariatric Recipe Book  
Coordinator and Instructor of the Nutrition and Healthy Cooking Course.

### **2015-2022** Sanoviv, Medical Institute.

Nutritional management applying Functional Medicine and Integrative Model in various chronic conditions. Daily presentation and discussion of Clinical Cases with a Multidisciplinary Team (medicine, psychology, nutrition, dental, food service and other specialties).  
Nutrition Department Supervisor for the last 4 year. Supervising and training of all Nutritionists and Interns. Collaboration and Leader on the Hospital's Menus of patients and employees. Instructor of Nutrition and cooking classes on-site. Training for patients and the multidisciplinary team.

### **2015 -2023**

**Tijuana Bariatric Center, Tijuana Bariatrics y Be Better Bariatrics (Endoscopic).**  
Nutritional and lifestyle treatment pre and post-surgery (Bariatric), online and on-site (Hospital). Creator of Bariatric Dietary and Lifestyle Guidelines.

- 2008 - 2015 Centro de Investigación del Noroeste, S.C. México(Research Center)**  
Diabetes and Arthritis Educator (Education coordinator provider of preventative care for people with diabetes and arthritis, including nutritional counseling).
- 2008 - 2015 Instructor in the B.S. in Nutrition and Food Science and B.S. in Nursing Universidad Iberoamericana and Xochicalco University, Tijuana.**  
Responsible for counseling and teaching undergraduate students in areas of nutrition and health.

## TRAININGS

**2024 Annual International Conference (AIC):** Repair, Restore, and Regenerate: Healing of the Micro and the Macro Through Functional Medicine. May 29-June 01, 2024

**Applying Functional Medicine in Clinical Practice (AFMCP).** Institute for Functional Medicine (IFM). Feb - May 2023.

**Gastrointestinal Clinical Strategies and Treatment Applications, Intensive Course. Kharrazian Institute.** Carlsbad, Ca. 21- 21 Septiembre 2019.

**FAO/ Future Food Institute. 6th Food and Climate Shaper Boot Camp.**  
May 12th – June 19th, 2022. CERTIFIED AS CLIMATE SHAPER.

**Mindfulness Based Stress Reduction Training (MBSR).** UCSD, Sept- Nov. 2018.

**Mindful Eating-Conscious Living Professional Training (MECL-1) .** UC San Diego. May 2014.

**ASMBS Annual Meetings at Obesity Weeks. Integrative Health Courses 2017-2023**  
IH Courses: IH Nutrition II & IH.

**Clinical Trials Administrator in Latin America (Intensive course) 2010.**  
UC San Diego – (UCSD). San Diego, California.

**\*\*\*Active Member** of American Academy of Nutrition and Dietetics (DPG18 Dietitians in Integrative & Functional Medicine (DIFM), DPG20 Oncology Nutrition (ON), DPG15 Hunger and Environmental Nutrition (HEN), DPG26 Weight Management (WM). Active Member American Society for Metabolic and Bariatric Surgery (ASMBS), The Center for Mindful Eating (TCME) and Integrative and Institute for Functional Medicine (IFM).