

gray area

DRINKERS

Professional Bio:

Jolene Park is a sought after speaker and leading authority on Gray-Area Drinking. Her pioneering TED talk has been viewed more than 400,000 times! Wowza! She's a functional nutritionist and health coach who provides a new and revolutionary way to rewire, replenish, and repair the nervous system after quitting drinking. Her NOURISH method is applicable to anyone questioning their drinking, or who has already quit — especially those who don't have a crash-and-burn drinking story.

Today, Jolene guides clients through the missing physiological pieces that they need to reduce excessive alcohol consumption, anxiety and cravings. She also trains healthcare practitioners on the importance of nourishing neurotransmitters and supporting their client's nervous system in a comprehensive way. Her work has been featured on NPR and many other outlets. Jolene is a Colorado native and currently lives in Durham, N.C.

