

# Graduate Testimonials

**Theresa A. Stone,**  
**Physician, Medstar Institute of Innovation**

“Thank you Rani, Sara, Shirley, Jane and the entire CHEF crew! The tools that I learned in the CHEF Coaching Program equipped me to bridge the gap between nutritional knowledge and patient self-care empowerment. I enjoy sharing whole food recipes and cooking tips with my patients. It is wonderful to watch many of my patients try new recipes, increase the number of home cooked meals, change dietary patterns, and enjoy becoming full participants in the management of their healthcare. The absolutely delicious recipes, the all-encompassing library of culinary medicine research studies and the helpful “starting your culinary medicine practice” how-to tips provided a wealth of information. The friendliness, depth of knowledge and accessibility of the Chef Coaching staff is remarkable. Thank you for creating this brilliant combination of Culinary and Coaching skill building!”

[Theresa.A.Stone@medstar.net](mailto:Theresa.A.Stone@medstar.net)



**Katie Van Dorn,**  
**Health and Wellness Coach, Chef**

“I am so grateful to Dr. Rani Polak and the Harvard Institute of Lifestyle Medicine for developing this excellent culinary coaching program. The content of the program was very comprehensive, and the research literature shared to back up the methodology was well documented. I look forward to integrating these culinary coaching techniques into my wellness coaching work, as well as in my effort to provide cooking courses to patients and member of the public.”

[Katie@theheartrockcafe.com](mailto:Katie@theheartrockcafe.com)



**Kimberly Parks,**  
**Medical Director, Synergy Private Health and Assistant Professor of Medicine, Harvard Medical School**

“The Clinicians CHEF program helped form the foundation for creating a culinary medicine program within my own practice. I learned the potential that culinary coaching has to help transform patient’s lives and I was given the resources I needed to become established in the culinary medicine community. I would recommend this course to any provider who wants to improve their own skills or learn how to coach others.”

[drparks@synergyprivatehealth.com](mailto:drparks@synergyprivatehealth.com) | [Twitter](#) | [LinkedIn](#)

