



Spending time in the garden is a natural fit for Betsy Bonsignore. Her curiosity about how to successfully grow plants led her to looking closely at the health of the soil. Human health is tied to what we eat and the fertility of the soil is integral to that health. Her passion for health led her to explore nursing (RN), massage (LMT) and clinical nutrition (MSCN). Currently teaching both nursing and esthetics at GST BOCES, she is arriving in private practice to work directly with individuals who are as passionate about expressing optimal health and well-being as she is. Her feeling is that health is not merely the absence of disease, it is the clear and vibrant expression of the life force within. To be able to cultivate that sense of well-being and bring out the best in others, is her goal. Herbology, flower essences, nutritional supplementation, super foods, and nootropics are some of her passions. Capable of working directly with medical professionals, and equally at home talking to you about your tomato plants, she brings a wealth of information, and a down-to-earth approach to bringing out the best in you. Come explore all you can be.

AAS Ornamental Horticulture SUNY Cobleskill (*cum laude*)

B.S. Sociology Cornell University

RN Arnot Ogden School of Nursing

LMT Finger Lakes School of Massage

MS Clinical Nutrition (Highest Honors)

NYS Licensed in Esthetics