



XIAOYUN PAN

Holistic Nutritionist
FDN-P, FNTF, CTNC, BCHN®

CREDENTIALS

Xiaoyun Pan is a Functional Nutritional Therapy Practitioner, Functional Diagnostic Nutrition Practitioner, and Certified Transformational Nutrition Coach. She is Board Certified in Holistic Nutrition (BCHN® candidate).

Xiaoyun is a professional member of Nutritional Therapy Association (NTA), Association of Functional Diagnostic Nutrition Practitioner (AFDNP), and National Association of Nutritional Professionals (NANP). She is also a registered nutritionist with Amalgamated Registered Nutritionists Association (ARNA).

PATH



NutriTransform
HOLISTIC NUTRITION & WELLNESS
Nutrition Wisdom Creates TRUE Transformation

Xiaoyun holds two master degrees in Mechanical Engineering and Electrical & Electronic Engineering. Once a successful engineer & manager in an international telecommunications company, she experienced a serious health crisis. She's battled thyroid cancer, chronic fatigue, digestive dysfunction, and impaired immune functions, which left her no choice but to end her career in her 30's.

After years of feeling frustrated & hopeless with her chronic conditions, Xiaoyun decided to grab life by the horns and take healing into her own hands. She took a functional holistic approach, looking at the body as a whole while investigating the underlying causes. As her body began to heal, she was able to regain the confidence and passion for helping others.

Xiaoyun believes Nutrition Wisdom can create TRUE transformation. She opened her functional holistic nutrition practice in 2021. She received extensive professional education in nutrition, physiology, and coaching from highly regarded institutes and associations. Her years of engineering, background in system thinking, and ability to analyze and solve complex problems, make this career shift a natural transition.

Founder of NutriTransform, "food as medicine" advocate, Xiaoyun helps her clients discover the right nutritional path that supports their unique biochemistry and suits their lifestyle and needs. Using functional diagnostic lab testing and a variety of assessment tools to investigate underlying imbalance and nutritional deficiencies, she works together with her clients to identify healing opportunities and remove hidden stressors.

Rather than addressing symptoms using band-aid fixes and recommending cookie-cutter diets, Xiaoyun follows a clear roadmap. She implements a systematic approach to build solid nutritional foundations that support the body's unique natural ability to heal and function at its potential. She is fully committed to educating and empowering busy professionals to reverse chronic conditions and regain their vitality -- making them unstoppable in their career growth!

FACTS

Xiaoyun lives in San Diego, CA with her husband and son. Outside of her work as a holistic nutrition professional, she also enjoys cooking and tasting foods, watching sci-fi movies, and listening to post-rock music.