



White Plains Hospital
Exceptional, every day.

J. Gulinello NTP, FNS, CPT Well Being Coach



Specializes in personalized nutrition therapy, performance optimization for athletes and non-athletes and stress management.

J found his way to health and nutrition through an unlikely path. His professional wellness journey began with a degree from Berklee in Music Production & Engineering but his obsession with longevity and optimal health and his love of sports led him to becoming an ISSA Certified Personal Trainer with a specialty in Fitness Nutrition. J.'s passion to teach in a more clinical fashion, led him to the Nutritional Therapy Association where he graduated as a Nutritional Therapy Practitioner. As a nutritional therapy practitioner, J has found a way to examine and go beyond looking only at the impact that food can have. With a focus on digestion, fatty acids, hydration, minerals and blood sugar, his complete approach considers all systems of the body and how they work synergistically. His knowledge of nutrition as a fuel for the body and as a therapeutic tool allows him to help others perform and live optimally.

Currently enrolled in a Clinical Master's program for Human Nutrition at the University of Bridgeport, he still finds time to climb mountains, run races and challenge himself physically at every turn. He is looking forward to taking his past experiences working with MDs and PhDs and applying that knowledge to helping employees at WPH to reach their peak levels of nutrition and health.



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