



Sarah Falion MSN, RD

Sarah was born & raised in Wilton, Connecticut. After high school she moved with her family to Franktown, Colorado where she fell in love with the open spaces of the west. In 2004, she moved to Santa Fe, New Mexico, to live near her Mother & begin her nutrition career.

Sarah graduated from Bastyr University, a naturopathic school of medicine located near Seattle where she earned a Masters in Science Nutrition and studied herbal science. She completed her Dietetic Internship with Sea Mar Community Health Center in Seattle in 2004.

She has worked as a Registered Dietitian/ Nutritionist for over 16 years working one year with New Mexico Dept of Health WIC program, five years with Christus St Vincent Hospital and ten years with Santa Fe Dialysis. Sarah has also worked as a Consulting Dietitian for El Castillo Retirement Residences and Southwest Care Center. She currently has a small private practice offering nutrition education & counseling services.

Sarah feels passionately about the important role that nutrition plays in optimizing good health & well being. She is an avid hiker, student of herbal medicine and enjoys cooking & kundalini yoga.

Two life changing & cherished events include her deployment to Baton Rouge, LA assisting with the hurricane Katrina relief efforts and her time spent in Standing Rock, ND in support of the water protectors and tribal sovereignty.