

America's Best in Medicine Recognizes Mary Ellen Sparks, RN, CBN, NC-BC, for Excellence in Wellness Coaching

Transforming Lives Through Evidence-Based Care and Holistic Support



Park Hills, Missouri Jan 20, 2026 (IssueWire.com) - Mary Ellen Sparks, a seasoned nursing professional with over 30 years of experience, is making waves in the health and wellness community as the Founder of Bloom Nurse Coaching with Mary Ellen, LLC, based in Hillsboro, Missouri. As a Registered Nurse, Certified Bariatric Nurse, and Board-Certified Nurse Coach, Mary Ellen brings a

wealth of knowledge and expertise to her practice, focusing on weight loss coaching and the prevention and reversal of chronic conditions. She is currently completing her board certification in functional medicine, further expanding her integrative approach to patient care.

With a background that includes serving as a surgical coordinator at Des Peres Square Surgery Center, Mary Ellen has dedicated her career to helping both surgical and non-surgical weight loss patients achieve their health goals. Her multifaceted approach combines evidence-based medical practices with holistic strategies, ensuring that her clients receive comprehensive support tailored to their unique needs.

“I believe in empowering individuals to take charge of their wellness journey,” says Mary Ellen. “My role is to provide personalized guidance and support, enabling clients to make sustainable lifestyle changes that lead to long-lasting health improvements.”

At Bloom Nurse Coaching, Mary Ellen meets clients where they are in their lives, walking alongside them as they prioritize their health goals. Her philosophy centers around the idea that clients are the experts of their own care. This approach allows individuals to feel confident and engaged in their wellness journeys, knowing they have a knowledgeable partner by their side.

Mary Ellen emphasizes that small, consistent adjustments can lead to significant results. She celebrates each milestone with her clients, fostering a sense of accomplishment and motivation. Her warm and compassionate demeanor makes the path to wellness not only achievable but also enjoyable.

Through her coaching services, Mary Ellen Sparks aims to create a supportive environment where individuals can thrive. Whether clients are seeking to lose weight, reverse chronic conditions, or simply improve their overall health, Mary Ellen’s expertise and personal touch ensure that they have the tools and encouragement needed to succeed.

Learn more about Mary Ellen Sparks:

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/MaryEllen-Sparks>

America’s Best in Medicine

America’s Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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