



- \* 20+ Years experience
- \* English & Basic Mandarin Chinese
- \* Lifestyle Medicine: Nutrition & Metabolic Syndrome
- \* Mind & Body Medicine
- \* Neuroscience
- \* Emotion Management & resilience
- \* Leadership
- \* Natural Movement
- \* Affiliated with local hospitals
- \* International lecturer, consultant and author
- \* Honorary member Dongguan Bodybuilding Association



Anthony  
Cappabianca

# CAPPA MIND & BODY

## HEALTH MANAGEMENT

Mr. Cappabianca is the founder of CAPPA MIND & BODY, a private health management practice. He is distinguished professional with comprehensive training in Lifestyle Nutrition, Mind Body Medicine , Neuroscience, Leadership, and Emotion Management from prestigious institutions including Harvard and Yale University. He has designed an innovative system of preventative medicine that helps individuals of all ages identify and correct physical and mental imbalances, while reducing the likelihood of future injury, disease, and illness.

Utilizing an integrative Mind & Body medicine approach, Mr. Cappabianca combines in-depth analysis, training, coaching, and therapy to address immediate concerns and enhance long-term health. This system has been successfully implemented with clients globally, yielding excellent results, including Mr. Cappabianca's remarkable personal transformation.

His personal experience with anxiety, depression, and scoliosis, coupled with the loss of family members to cancer, inspired him to establish CAPPA MIND & BODY in 2019. He is dedicated to educating others in functional medicine and sustainable healthy lifestyle practices, with the goal of enabling everyone to live long, healthy lives while avoiding the pain and suffering associated with illness.