

"Your Next BEST Podcast Guest"

SHERRY STRONG

Food Philosopher - Entrepreneur - Celebrity Chef -
Author - Award Winning Speaker - Nutritionist



ABOUT SHERRY

Having been a full on sugar addict and twice her present size, Sherry now inspires people to trade the white stuff for the right stuff so they can live their best life.

Sherry helps people get sugar-free naturally by doing the inner work that makes eating behaviours a natural shift.

As the former Victorian Chair of Nutrition Australia, Melbourne President of Slow Food, Curator & Co-Founder of the World Wellness Program, Sherry has developed coaching methodologies that have attracted elite athletes, CEO's, celebrities and billionaires who have sought Sherry out for the transformational process she now trains food coaches to apply with their clients.

DISCUSSION TOPICS

- How to Get Off Sugar in 5 Days
- How God/Nature Wants Us to Eat
- Why the Anti-Diet Philosophy Trumps Dieting
- The Power of Real Food over Supplementation
- Why most "sugar quitting" programs don't work long-term
- Sherry's journey from being a size 16 to a size 6
- Sweet Freedom - a story for ending sugar addiction for good
- Obeying nature - strategies & philosophies
- Why a philosophical approach works
- Formula W.I.N - How humans are meant to eat

STARTER QUESTIONS

- What are the reasons that sugar is more addictive than cocaine?
- How do you cut through the nutritional confusion?
- Are all sugars bad?
- Why do we need a holistic strategy to get off of sugar?
- Why is getting off of sugar essential for living the "Good life"?

HOW YOUR AUDIENCE WILL BENEFIT

- better physical performance, better body composition results, cut sugar cravings. look & feel better, have tons of energy, better sleep, increased immunity, healing from sugar erosion, better physical performance, they can start living the "Good Life"

MEDIA

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