

Holistic Sugar Cessation Expert

SHERRY STRONG

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



Food Philosopher

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 shares in interviews, speaking engagements, television appearances and through the Sweet Freedom Project

KEYNOTE PRESENTATIONS

- **Eat to Lead** - become the CEO of your body & life
- **The Malnourished Brain** & How to Fix It
- **Sugar in the Workplace** & how to get it out without starting a mutiny.
- **Sweet Freedom for a REAL Sweet Life** - the how and why to get and stay sugar free

CUT THROUGH NUTRITIONAL CONFUSION

Sherry has developed concepts and philosophies that are so salient, even a child understands them.

She will have your audience laughing, thinking, crying and ultimately grasping what it is they can do immediately to increase their vitality and life performance.

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 their best life.

WEB

www.sherrystrong.com
www.sweetfreedom.ca
www.returntofood.com
YouTube

