



### **Cheryl Meyer**

Cheryl Meyer has autoimmune disease. She eliminated toxins and reversed her pain. Cheryl has a BA from UC-Berkeley and is a health coach from IIN. Cheryl is an award-winning author, international bestseller, health coach, speaker, local tv host and guest podcaster. Her book, *It Feels Good to Feel Good, Learn to Eliminate Toxins, Reduce Inflammation and Feel Great Again* has won 14 awards.

*Feeling Good Living Low Toxin in Community and Everyday Life* just published mid May 2020.

*Victory Log and Gratitude Journal* to Celebrate your health achievements.

*Stress- 2 Minute Exercises to Release it Throughout the Day*, a desktop guide.

Cheryl has her own podcast May 2020 on RHG TV/Voice America. *It Feels Good to Feel Good, Futureproof your Health*. She also has a local TV show on Community Television in Monrovia, CA on KGEM.

She specifically works with clients with chronic illness giving them hope and helping them find solutions. She believes it is never too late to start healthy habits.