

[PDF] Anti-Inflammatory Eating Plan

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Description:

About the Author Sharon Graham worked in the traditional medical field as a Registered Nurse for a number of years, and has over thirty years of experience in the natural health field as well. After being chemically poisoned in the mid-1980's, her immune system was nearly destroyed, resulting in a quest for answers apart from the traditional medical model. That search led her into an intensive study of several complementary forms of health care. She has studied with the National Institute of Nutritional Education (now American Health Science University), and has taken many self-study courses in herbal medicine, homeopathy, and nutrition. She is a certified Life and Leadership Coach, a certified TLS Weight Loss Coach, and a certified Nutraceutical Consultant. As a result of her personal journey to recover her own health, she has a desire and passion to educate and support others as they take responsibility for their own health. As a wellness, weight loss, and nutritional coach and consultant she brings a wealth of proven, practical information and methods so that you can achieve your own personal health goals. She has worked with hundreds of individuals to educate

and support them in making lifestyle and nutritional changes, using both her traditional medical background as well as her knowledge of nutrition. She has taught natural foods cooking classes and has given nutritional presentations to various groups of people. As a natural foods cook her clients say, "Sharon makes health food taste good." She is also a blogger, is currently compiling a natural foods cookbook, and recently published a book on reducing inflammation in the body which is available from Amazon.

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