



## Cheryl Millett B.Sc. C.C.Ir.

### For Your Better Health

*Holistic Nutritionist . Iridologist . Omega Educator*

*Speaker . Walk Club Leader . Walking Holidays*

*Author of 'All Guts, All Glory' . Mentor*

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CherylMillett.com

*Sharing information and tools on how health makes a difference in the lives of people...relationships, productivity, quality of life. Presentations are tailored to the needs/goals of the employer and conference.*

**"One of the best Omega seminars I have ever been to." – personal trainer, Canfitpro Seminar Participant**

#### SPEAKER EXPERIENCE

##### Omega 3s Nutrition & Research

SWIS Symposium (Dr. Kinakin)

Health Matters, Rogers TV

Canfitpro Conference Speaker – 2 years

Personal Best Mega Days, Educational Talk

##### Nutrition and/or Stress Management

CTV Lunch 'n' Learn

6th Annual EdGO Gifted Conference

Neurofibromatosis Conference

Canadian Personal Trainers Network Conference

Toronto District School Board – Various Locations

Bonfire Hot Yoga, Australia

**MORE UPON REQUEST**

#### EDUCATION

- Edison Institute of Nutrition, Markham, ON – Bachelor of Applied Science in Holistic Nutrition (1999-2004)
- The Canadian Institute of Iridology, Toronto, ON – Practitioner Diploma in Clinical Iridology (2005)
- Universal Technique, Toronto, ON – Certificate, Mind-Body Healing (2006)
- Workplace Safety & Insurance Board, Toronto, ON – Health & Safety Certification Program, Part I & Part II- Basic Certification/Workplace-Specific Hazard Training (2008)
- Canadian Securities, Toronto, ON – Commodities, Fundamental, Futures & Options (1997-1998)

Other: Management, Facilitation, First Aid, and other various business and computer software courses





## COMMUNITY & LEADERSHIP

**Forest Hill Walk Club, Founder & Leader**

**(2008-present) 3,000+ members**

**Cheryl's Walking Holidays (2018-present)**

**Holistic Chamber of Commerce**

**Chapter President, Toronto Midtown**

**(2015-2020)**

"Fascinating! Cheryl's presentation was just the tip of the iceberg - so much information but well delivered and obviously very knowledgeable! Thank you Cheryl!" – Wendy

Relationships, Family and Friends

### EXPERIENCE

For Your Better Health, Toronto, ON, Canada

2005 - Present

Holistic Nutritionist, Metaphysician, Iridologist, Speaker & Writer

#### Achievements

President's Advisory Council, Auum Inc.

Contributing Editor, Health & Wellness, VividLife.me

Nutrition Coach, Chiropractic for Life & Advantage 4 Athletes

Board Member, Juvenile Diabetes Foundation Toronto Chapter

#### Responsibilities

Education and Sales, Schools (IHN), Conferences (Canfitpro), Businesses

Provide nutrition consultations to clients, practitioners, events, talks

Write Articles, and Radio/TV/Podcast Interviews

Organize Meetings/Conferences/Walking Holidays (Ireland & Newfoundland)

### WORK HISTORY & EXPERIENCE

George Weston Limited/Loblaw Companies, Toronto, ON, Canada

Jul 1989 – Jun 2008

Manager, Commodities (Food Processing)

#### Achievements

Business Analyst, 'Commodities Risk Management System'

Develop 'Cost Tracker'

Design Flour Cost/Risk Management Database & Executive Reports

#### Responsibilities

Manage 'Cost Tracker' for Loblaw Companies Procurement

Purchase Flour for Weston Bakeries Canada

National Tenders and Negotiations

Commodity Trader, and Broker/Company Policy Management

Manage university students and other administrative staff

Creative Presentations

## PUBLICATIONS

- \* Village Living Magazine 'Bouncing Babies – Start With A Healthy Pregnancy'
- \* Infinity Magazine 'Cause and Effect: Eat Well, Think Well, Be Well'
- \* Author of 'Klondike Baked Beans' in book 'Your Canadian Food Story'



"I have taken omega supplements before but Auum has helped me increase my focus and reduce my stress levels like no other product."

- Evan Lewis, PhD and three time member of the Canadian Sailing Team

## RESEARCH

Field Research 20 Days, Auum Omega 3 and Triathletes (Barrie Shepley – Olympic Coach to Gold Medalist Simon Whitfield) Results <https://cherylmillett.com/auum-omega-3-field-study-results/>

Lead: Auum Omega 3 and Children with Learning Disabilities

Initial Assessment: University of Toronto, Effects on Elite Athletes & McGill University, Effects on Breast Cancer Treatment Neuropathy

**SKILLS** – Computers and Software (WORD, EXCEL, PUBLISHER, etc.), Social Media, Song Writing

**REFERENCES** – Upon Request

**HEALTH . EVERYONE IS UNIQUE . BALANCE**

Cheryl's adventures include bungee jumping in South Africa, pink dolphins in the Amazon river of Peru, scuba diving at the Great Barrier Reef in Australia... these experiences with the local culture, their food and health habits bring first hand experiences to presentations and ongoing research.



## PERSONAL INFORMATION

Date of Birth: August 21, 1964

Place of Birth: Toronto, Ontario, Canada

Languages: English, Some French

Martial Status: Married

Children: Charlotte and Josephine