



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

For Your Better Health

Holistic Nutritionist . Iridologist . Speaker

Omega Educator . Auumega Centre . Walk Club Leader

Author of 'All Guts, All Glory' . Mentor

Toronto, Ontario [near M5R 1Z2, Canada]

416-413-0345 . info@cherylmillett.com

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, Food Safety, First Aid, and various business and computer software courses





COMMUNITY & LEADERSHIP

Forest Hill Walk Club, Founder & Leader

(2008-present) 3,000+ members

Cheryl's Walking Holidays (2018-2023)

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, Ontario, 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 Interviews on Radio/TV/Podcast

Organize Meetings/Conferences/Walking Holidays (Ireland)

WORK HISTORY & EXPERIENCE

George Weston Limited/Loblaw Companies, Toronto, Ontario, 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

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 – Leadership, Computers and Software, Artist, Song Writer, Foraging, Gardening

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: LEO Earth Dragon

Place of Birth: Toronto, Ontario, Canada

Languages: English, Some French

Martial Status: Married

Children: Charlotte and Josephine