



Functional Medicine & Nutrition Clinician

Featured Speaker

Author

Dr. Cheryl Winter



The *real* medicine

I help people restore their nutritional biochemistry, balance their blood sugar and hormones so that they can reverse their diabetes and pre-diabetes, diminish belly fat and recapture their youthful sexuality, vitality, and mental clarity.

I search for the root cause, give the body what it needs, take away what it doesn't need, and repair the cell to get well. I acknowledge the wisdom of the human body because it doesn't make mistakes, but instead, it leaves clues that point the practitioner in the proper direction for healing. Treatment modalities include anti-aging foods, bio-identical hormones, nutritional supplements and stress-relieving modalities that will nourish the body and mind and rejuvenate the inner soul.

Prescription medications and other toxins are clutter that is building up in your body and preventing your body from healing itself. You can heal your body by deciding to remove the clutter and giving your body REAL medicine that heals the cell, leading you to get well.

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Speaking topics

The 3 Myths About Diabetes & Pre-Diabetes That Keep You Dependent on Prescription Medications

Dr. Cheryl gives audiences a behind-the-curtain look at what happens to our bodies as we introduce more and more toxic medications. She helps people understand they are the ones in charge of their health and what steps they can take to live their best life possible.

The 3 Lies Men & Women Have Been Brainwashed To Believe About Hormones That Are Keeping Them Fat, Sick, Dumb & Old

People are being brainwashed by their doctors and the system by believing medications are the only way to manage hormones and health. This couldn't be further from the truth. And, it's a message Dr. Cheryl passionately shares with audiences all around the world.



About

Dr. Cheryl Winter

Dr. Cheryl Winter, is the President of VITAL Health Solutions. She is a Doctor of Functional Medicine and Nutrition, a Family Nurse Practitioner, Doctor of Clinical Nutrition, Certified Functional Medicine Practitioner, Registered Dietitian and Nutritionist, Advanced Diabetes Management Board-Certified, Certified Diabetes Educator, and a #1 Best-Selling Author.

As a featured speaker, Dr. Cheryl, as she's often referred to, shows audiences around the world the power of personalized medicine and natural remedies to help reverse chronic health conditions, improve quality of life, and flourish and thrive in every area of life. Her message was previously presented with the Harvard Business School, Holistic Living Summit; Print: Nurse Practitioner Perspective, DiabetesCare.net, and Diabetes HealthMonitor.

“
You are
your own
best doctor!”



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People are talking about Cheryl

"Awesome job. Dr. Cheryl nailed it."

"Dr. Cheryl has truly opened my eyes and inspired me to take more responsibility for my own healthcare."

"You blew me away with your personal story. You have come so far. That was so powerful!"



As seen on



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VITAL HEALTH SOLUTIONS