

THE AUTHORS SHOW – Authors of Nonfiction

Author: Cheryl Meyer

It Feels Good to Feel Good, learn to eliminate toxins, reverse inflammation and feel great.

Author Cheryl Meyer Illustrator Nicholas Patton Published on Amazon April 19, 2017

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Cheryl Meyer aka Cheryl M Health Muse is the author of “It Feels Good to Feel Good learn about toxins, reducing inflammation and feel great again.”

Got Pain? This book is for anyone with chronic pain looking for answers. It will give you a place to start. You don't have to resign yourself to a life of pain and pills.

Although this book was targeted to people with inflammation and autoimmune disease, learning to eliminate these toxins is really for everyone. Whether you are healthy, or a cancer survivor, a Mom with children with allergies or sensitivities, or if you are struggling with inflammation, this book is for you.

In this book you will learn:

- What is causing your pain and how to eliminate it?
- How to find a practitioner that will help you gain back your health.
- What inflammation is, and what causes it.
- When inflammation becomes autoimmune disease. What is autoimmune disease? What is a flare?
- It discusses how to identify your sensitivities and heal your leaky gut.
- It explains what is in your food. Organic vs. conventionally grown vs. GMOs. Processed food, Fast Food, the dangers of Sugar, the necessity of eating grass-fed, grass- finished meat or if Vegan, organic soy. It explains what you need to know about oils, dairy, and soda

- Cheryl discusses why you need to eat close to the farm, freshly picked produce and that your plate should be 75% vegetables from all of the colors of the rainbow.
- Everything that you eat should feed your body nutrients, not chemicals.
- Cheryl encourages you to cook your own food to control what goes into your mouth and the mouths of your family.
- Cheryl identifies many of the toxins in your life. They are in your food, your water, your cosmetics, your over the counter drugs, your cleaning supplies, your kitchen equipment, and also in your head. Learn how to purge them. Learn how to replace the toxic items with less toxic products when you run out of an item.
- There are 34 stress busting ideas, and four simple exercises to reduce your stress. Stress is a leading cause of many diseases.
- Cheryl includes 32 suggestions from leading functional experts on how to get a good night's sleep. The minimum requirement is 7 hours. A good night sleep is critical to optimal health.
- Cheryl discusses how to recognize a toxic relationship and make it work or walk away.
- She discusses how to tame Anxious Negative Thoughts "ANTs."
- She explains how to add movement to your life when you hate to exercise
- Cheryl believes that you need to own your own health, educate yourself on what is going on with your body and partner with your health team, doctors and other practitioners, taking control of your health, reducing your inflammation and feeling great again!

This book is a winner of the Launch Your Dream Book Top 10 Author Contest, class of November 2016!

"It Feels Good to Feel Good, learn to eliminate toxins, reduce inflammation and feel great again" is written by Cheryl Meyer, a graduate of the Institute for Integrative Nutrition®, where she completed a cutting edge curriculum in nutrition and health coaching taught by the world's

leading experts in health and wellness. I recommend you read this book and be in touch with Cheryl (Cheryl M Health Muse) to see how she/he can help you successfully achieve your goals.

– Joshua Rosenthal, MScEd, Founder/Director, Institute for Integrative Nutrition

Five years ago, Cheryl got sick, really sick.

It was a perfect storm: she was working 24/7; her long-term relationship imploded; economic changes slowed her business; she got Type II diabetes; she was taking care of everyone else; her stress was out of control.

Then one morning ... viola, Cheryl woke up in incredible pain that didn't go away. She didn't want to get out of bed in the morning. Her doctor didn't recognize what it was and thought it was in her head.

Cheryl didn't want more pills, so she embarked on her own journey to find wellness. When she started, she didn't even know what she was looking for. She was stunned to find toxins in every aspect of her life that were poisoning her. She discovered the Functional Medicine community. She was tested for food sensitivities. She was diagnosed with undefined autoimmune disease. She found a remarkable Functional MD who started looking for the root cause of her disease. She laughs that she feels like an onion, peeling off different layers as she is systematically healed.

This book shares everything that Cheryl learned to reverse her inflammation, heal her leaky gut and put her autoimmune diseases at bay. This is the get well manual that she wishes had been available when she got sick. She has learned that it's all about toxic load.

Cheryl is now relatively pain-free, but still considers herself a work in progress.

Cheryl avoids the foods and spices on her specific, long list of problem foods (her food sensitivities). She has purged toxins. She has released stress and nagging worry. She has researched hundreds of toxic products she was using and replaced them... She has learned to find joy in movement. She has found love. She is grateful.

Cheryl believes that following her journey will help you live a long, happy and pain-free life.

Now Cheryl wants to help others. She became a Holistic Health Coach, certified from the Institute of Integrative Nutrition®. She wants to inspire you in your own wellness journey. She is Cheryl M Health Muse.

Cheryl has a call to action to all of us to vote with our dollars to stop big food, big agriculture and big pharms from including all of these toxins in the products that we need to live. She calls upon us all to be “An Army of One” to save our own health, the health of our families and the health of our world.

Howard Lyman, anti-factory animal farming advocate states “Remember there are no rules for living on our planet, only consequences, and Nature Does Not Negotiate.”

Following all of these tips in “It Feels Good to Feel Good, learn to eliminate toxins, reverse inflammation and feel great again” can change your life. It certainly has changed Cheryl’s. She is loving feeling great again!