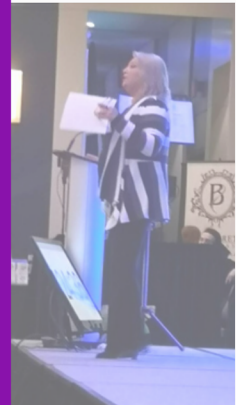
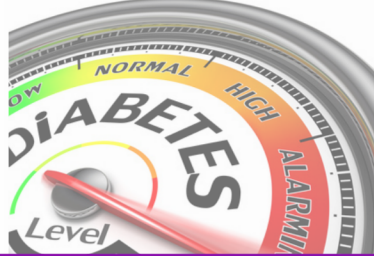




CHERYL IVANISKI



HEALTH HEALING HOPE

A HOLISTIC APPROACH TO DIABETES WELLNESS

HOLISTICDIABETESSOLUTIONS.COM

OFFICIAL BIO



Cheryl Lynn Ivaniski Dr. Ac., C.H., RDH

Cheryl Ivaniski is a Branded Wellness Authority and Thought Leader in the field of Diabetes. What is unique about Cheryl is her proven Holistic Approach to Diabetes Wellness which embraces Health, Healing and Hope. She focuses on giving her clients at the Academy of Holistic Diabetes Education, new leading edge solutions to prevent, restore and even reverse the complications of Diabetes where possible in a whole new way. Her clients include businesses, associations, health professionals, care givers and women and men living with Diabetes.

Cheryl is a paradigm-shifter and is redefining Diabetes Wellness and Self Care one keynote presentation, one new book, and one new student and client at a time.

She is a Holistic Health Authority and a Dr. Holistic Medicine - Acupuncture, with advanced training in Natural Nutrition, Kinesiology and Mind Body Medicine.

Her clinical and research interests include transforming beliefs, attitudes and habits and integrating positive lifestyle changes to help normalize blood sugar levels naturally and to start Winning with Diabetes.

Having survived serious health challenges including a comatose state, being diagnosed with Type 1 Diabetes, as well as Hashimoto's Disease (under active/non working thyroid), Cheryl set her sights sharply on Mastering a Holistic Way of Living vibrantly well with Diabetes and continue to inspire, empower and educate our communities with her expert knowledge in Holistic Wellness and the Power of Mindset. She coaches Health and Business Professionals, corporations and special interest groups and those with Diabetes in her online Signature Coaching Programs and at live events.

She is a 7 X International Best Selling Author, Quilly Award and Global Award Author, and was inducted into the Academy of Best Selling Authors, Writers, and Speakers in Los Angeles California. She is an International Speaker and Founder of Holistic Diabetes Solutions (in association with the Diabetes Wellness Centre) & the Academy of Holistic Diabetes Education.



CHERYL IN THE MEDIA



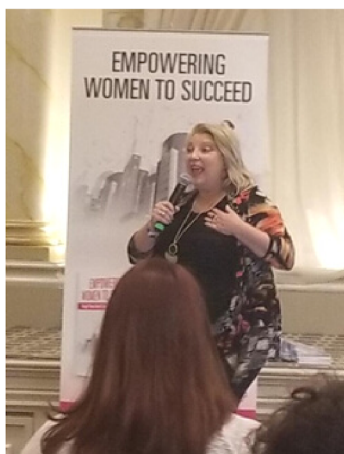
Cheryl being interviewed by Jack Canfield on Hollywood Live in Los Angeles, California.



Cheryl being interviewed on the red carpet after receiving her Quilly Award in Los Angeles, California.



Group photo of Global Author award winners in London, England, 2018. Cheryl (bottom-centre) received a Global Author award for her book, "Having a Life of More" which was inspired by her 100-year-young Grandpa.



Keynote speaker at Empowering Women to Succeed, May 2019



Keynote speaker at The Power of Wow event with Raymond Aaron, May 2019



Keynote speaker at Toronto Business Expo, March 2019

CHERYL IN THE NEWS



Cheryl Ivaniski Hits Four Amazon Best-Seller Lists & to Receive the World Recognized Quilly Award

The Quilly Award was founded by the National Academy of Best-Selling authors to celebrate authors who have attained Best-Seller list status. The same artists who crafted the Oscars and Emmy Awards designed the Gold Statue Quilly Award.



Cheryl Ivaniski, Doctor of Holistic Medicine, Health Authority, Best-Selling Author® and Speaker, was recently a featured guest on Hollywood Live. The show, which filmed at the Hollywood Roosevelt Hotel in Los Angeles, California by an Emmy Award winning crew, was hosted by Jack Canfield, Best-Selling Author® and co-creator of Chicken Soup for the Soul. The show included guests from around the country who shared their expertise and stories of their success. Cheryl Ivaniski was one of the guests on the show, discussing her career as a health authority and wellness advocate.

Hollywood Live, filmed in Los Angeles, is produced by The Dicks and Nanton Celebrity Branding Agency®. The episode featuring Ivaniski recently aired on ABC, NBC, CBS and Fox affiliates across the country.



The prestigious Quilly Author Award commemorates the achievement for being an internationally recognized best selling author. Success Starts Today received best-seller status on Amazon in four categories. The book shares secrets for achieving Health, Wealth and Success.

"I was thrilled to be invited to co-author this book," said Ivaniski. Ivaniski has previously written other best-selling books with top thought leaders and motivational speakers including Brian Tracy, Les Brown and Dr. John Gray.

Ivaniski said that her passion for helping others to enrich their quality of health resonated on every level with Success Starts Today.



Burlington Author Cheryl Ivaniski took home a Prestigious Award recently for Co-Authoring the book Success Starts Today.

Ivaniski, a bestselling Author, Professional Speaker and Founder of the Lifestyle Wellness Centre, was presented a Quilly Award from the National Academy of Best Selling Authors. She co-authored the book with International and New York Times bestselling author Jack Canfield, who wrote the Chicken Soup for the Soul series.



CHERYL'S KEYNOTES

Cheryl is a 7 X International Bestselling Author, Global Speaker, Diabetes/Lifestyle Wellness Strategist and Diabetes Wellness Authority specializing in Holistic Diabetes Wellness, self-empowerment, and mindset/mind shift transformational work. She has consulted, coached and educated entrepreneurs, corporations, students and faculty at colleges and universities, health professionals, and the general public. She has been a Keynote Speaker to over 1,000 audiences and has coached over 1,000 health care professionals, and provided seminars for associations, trade shows, expos, conferences, and for special interest groups across Canada, the United States, and overseas.

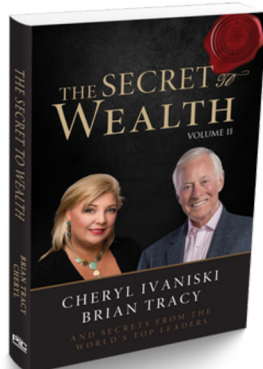
She has studied, researched, written/authored curriculums, mentored and spoken for over 28 years in the health and wellness industry. Cheryl is always ahead with her newest leading edge Diabetes Wellness and Self-Empowerment programs. Cheryl is a public speaker specializing in the Self Empowerment, The Power of the Mind, and The Holistic Approach to Living Well with Diabetes and other immune system challenges.

The following are Cheryl's most requested Keynote Topics for Diabetes Wellness:

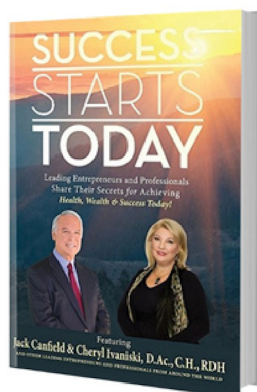
- The Holistic Approach to Diabetes Wellness - Prevent, Repair, and Yes even Reverse Complications of Diabetes (where possible)
- Winning With Diabetes - The Top 5 Principles of Overcoming High Blood Sugar Levels, and how to Achieve Normal HBA1C's and Regain Your Energy
- Diabetes and You - Overcoming Depression and other Emotional Hurdles with Ease, Creating that Healing Mindset
- Add years to your Life and Life to your years - How to Enrich Your Quality of Life Starting Today (The Holistic Approach to Living Vibrantly Well with Diabetes and other Immune System Challenges)The 7 Habits of Highly Healthy People with Diabetes.



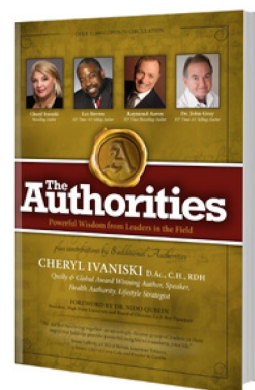
CHERYL'S BOOKS



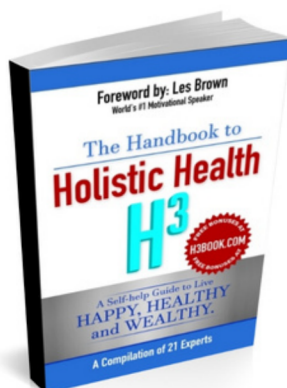
Coming
Soon



Bestselling &
Quilly Award
Winning Book



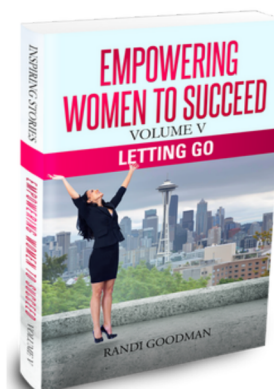
Award
Winning Book



#1 International
Bestseller



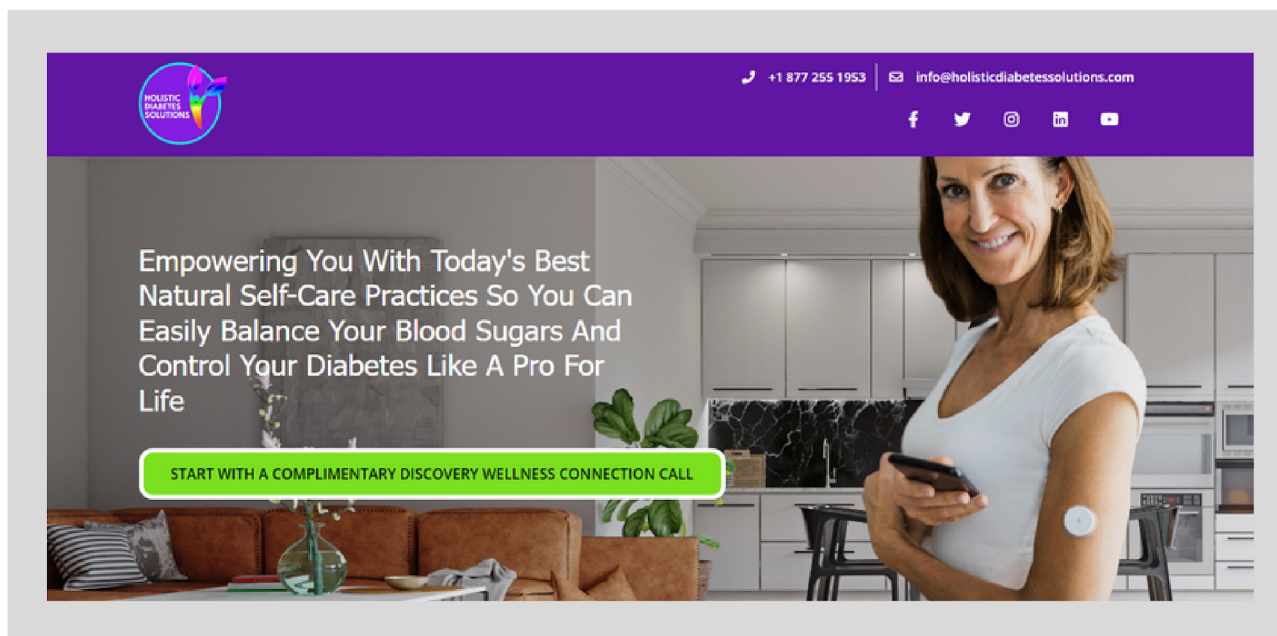
Global Award
Winning Author



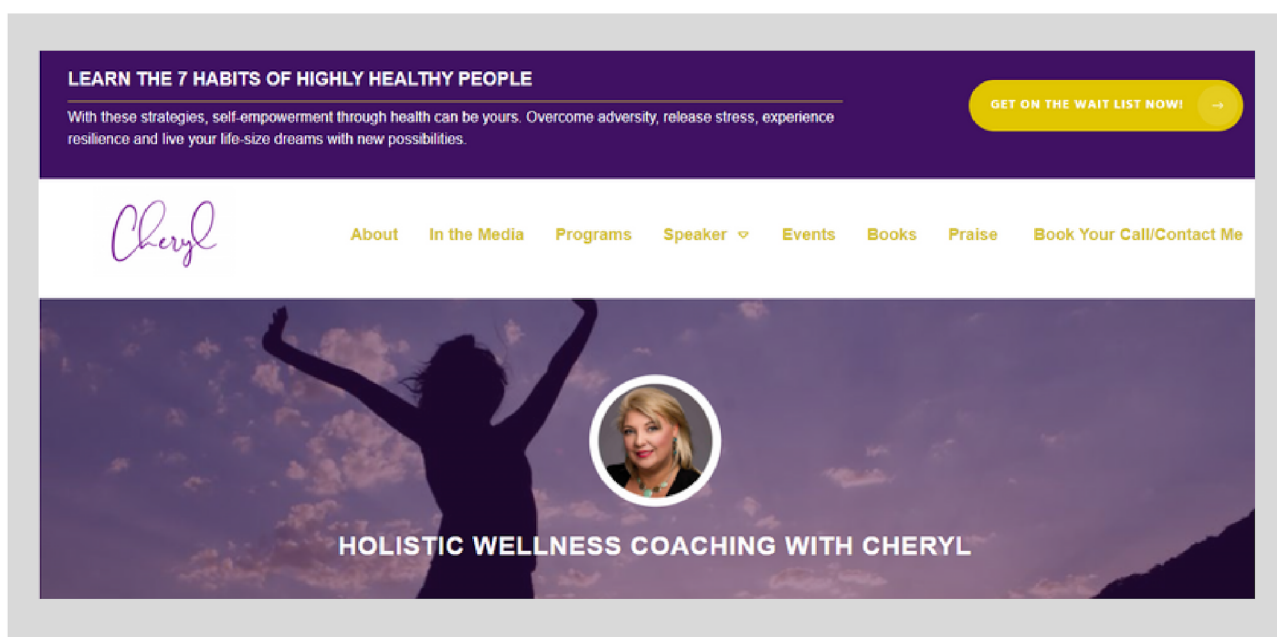
#1 International
Bestseller

CHERYL'S WEBSITES

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CHERYLVIVANISKI.COM




CONTACT CHERYL

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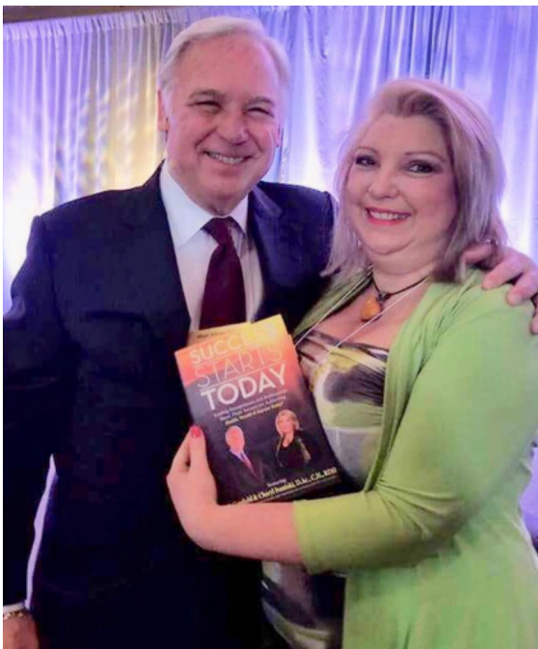
 416-892-1953

 [cherylivaniskisuccess](https://www.facebook.com/cherylivaniskisuccess)

 1-877-255-1953

 [cherylivaniski](https://www.instagram.com/cherylivaniski)

FOR VIDEOS OF CHERYL ON STAGE, TESTIMONIALS OF HER WORK AND A LIST OF EVENTS WHERE YOU CAN MEET CHERYL, PLEASE REFER TO HOLISTICDIABETESSOLUTIONS.COM.



Jack Canfield and Cheryl at the Power of Wow May 2019



Receiving Global Authors Award in London England for my new book 'Having A Life of More' November 2019



On the Oprah Cruise, participating in the Conversation with Oprah Event February 2019

PRAISE



"I have had diabetes for over 20 years and the doctors always increased my medications. They didn't tell me the things I could do everyday to lower my blood sugars levels. My blood sugars levels are often between 14-22 mddl's 90% of the time. And I was feeling exhausted, depressed and fatigued all the time.

"In one coaching session with Cheryl, I was able to reduce my medications by 50% within 10 days and experienced normal blood sugar levels for the first time and I had tons of energy. And my levels were 6.5 to 7.1 for the first time in years! As an ongoing client for over 20 years, Cheryl has taught me how to calculate and combat high blood sugar levels while continuing to reduce the medications. I now live with normal levels thanks to Cheryl."

James Mason, Canada



"Cheryl Ivaniski is a magician in the domain of health and wellbeing. I have seen her coach people and transform their lives from being desperate about their failing health to being active, vital and clearly in charge of their own wellness. I have seen her inspire whole audiences to being willing to take charge of their physical ailments and turn their situations around. Cheryl has mastered a holistic way of living, having triumphed over her own serious health challenges. She unselfishly shares her wisdom with others so that they can have the same successes, and she does it with flair, fun, and entertaining insight."

Marcia Martin

Globally Renowned Executive Coach and Transformational Trainer



"I was diagnosed with gestational diabetes when I was having my daughter 45 years ago. It grew into Type 2 diabetes. I have been seeing a specialist since then.

"In Feb 2019, I met Cheryl and had my coaching session with her. I learned more from her about how diabetes effects my body than all of those 45 years put together with my doctors. She gave me practical daily tips and tools that I use now to help me stabilize my blood sugar levels which I find easy to do! If you are looking for a great coach, great advice or a great program, go to holisticdiabetessolutions.com."

Maria Schleska, Clearwater, Florida, USA

