

Sharon Holand Gelfand

Speaker, Author, Functional Holistic Nutritionist and Lifestyle Coach

“When Sharon takes a stage, she ignites a fire in the audience. She uses humor, storytelling, vulnerability and years of expertise to lead an audience to think differently. Her delivery is poised, commanding and fresh.”

Tricia Brouk - Award winning director, writer, TEDx organizer

Sharon has made it her mission to change how we define health and wellness. She is leading others to feel their best every day by balancing their gut microbiome, getting connected and tuning in to their bodies, and understanding what they need so they can take action in a sustainable way that fits their lifestyle.



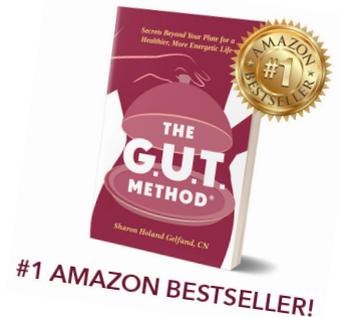
Bio:

Sharon Holand Gelfand, CN, FDN-P, is a functional holistic nutritionist, speaker and author who disrupts the way we think about food and health. She has worked with a variety of clientele, ranging from Fortune 500 companies to professional women who are searching to balance their health with the rest of life's chaos. Sharon helps her clients get to the root of their most common health complaints with at-home testing and flexible food choices, so they have more energy, less stress and feel great again.

When Sharon's son was diagnosed with Crohn's Disease, it was a wake-up call: everything she thought she knew about food and health was wrong. She was motivated to change careers and received a Masters in Clinical Nutrition. She is a member of the American College of Nutrition and is a Board Certified Holistic Health Practitioner.

Areas Of Expertise:

- Advocating For Your Own Health
- How Your Gut Affects Your Immune System
- Connection Between Gut and Mood
- Nutrition and The Matrix: What you and Keanu Reeves have in common
- Mind / Body Connection
- Detoxification: Going Beyond The Gut
- Tired and Wired: How stress and lack of sleep affects your body, productivity and relationships



As Seen On:



Connect:



sharonholand.com

sharon@sharonholand.com