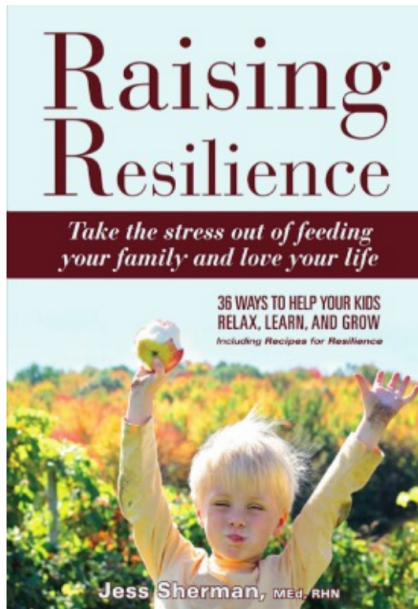


Jess Sherman

International Speaker, Author,
Family Health Educator & Award Winning Nutritionist



Jess has helped parents & professionals in at least 44 countries implement safe, natural and effective strategies to improve the lives of children with learning differences & school struggles, anxiety, ADHD, and mood disorders.

With *nourishment, connection and simplicity* as guiding principles she offers a bold, new approach to children's health that uses a combination of attachment principles and deep nutrition to support growth, learning, behavior and ability to cope with stress.



Featured In:



Wellness Mama



EcoParent

ROGERS tv

Talking Points

- **Family Health:** The 3 things keeping kids sick and parents frustrated... and simple solutions for each.
- **Nutrition:** Basic nutrition concepts that every busy family needs to know and the practical ways to apply them to help kids function their best.
- **Resilience:** The Body/Brain Connection - why it's imperative to teach to our kids and how doing so can help them find true resilience.
- **Education:** Feeling Better to Function Better! Why improving our childrens' overall wellness eases the stress on the medical and education systems.
- **Relationships:** My simple strategies for helping parents make confident choices and having productive, stress-free conversations around food, health, and parenting with their kids and community.

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Media Bio

Jess Sherman is a Functional Diagnostic Nutrition Practitioner, Board Certified in Practical Holistic Nutrition. Years ago, while teaching high school English, Jess became concerned when she learned that most of her students were on medication. After discovering the profound impact of nutrition and stress on resilience, she set her mind to helping the worried parents of these kids find natural and simple ways to help them thrive. Jess now reaches parents around the world through her book, Raising Resilience, her Feeding Families podcast, and her online programs and clinic.

Jess has been featured in podcasts, summits, conferences, and print magazines for audiences of doctors, social workers, teachers, and parents. In 2019, she received an award for Clinical Excellence and was picked as a featured speaker in The Future Of Health series at the Mindshare Leadership Summit where she spoke about the challenges of raising resilient kids. Jess holds a Master's Degree in Education from The University of Toronto.