

---

## Sherry Torkos, BSc, Phm

### BIOGRAPHICAL SUMMARY

Sherry Torkos is a pharmacist, author, certified fitness instructor and health enthusiast who enjoys sharing her passion with others. Sherry graduated with honors from the Philadelphia College of Pharmacy and Science in 1992. Since that time she has been practicing holistic pharmacy in the Niagara region of Ontario. Her philosophy of practice is to integrate conventional and complementary therapies to optimize health and prevent disease. Sherry has won several national pharmacy awards for providing excellence in patient care.

As a leading health expert, she has delivered hundreds of lectures to medical professionals and the public. Sherry is frequently interviewed on radio and TV talk shows throughout North America and abroad on health matters.

Sherry has authored 18 books and booklets, including *The Canadian Encyclopedia of Natural Medicine*, *Saving Women's Hearts*, and *The Glycemic Index Made Simple*.

**For more information visit [www.sherrytorkos.com](http://www.sherrytorkos.com)**

---

