

# Cheryl Whitten

[www.livelovelemon.com](http://www.livelovelemon.com)

## ABOUT ME

Cheryl Whitten is a professional health writer, herbalist, and Clinical Aromatherapist. She graduated Athabasca University with a Bachelor of Arts With Distinction in English Literature and graduated Essence of Thyme College of Holistic Studies with Honours in a 600-hour certification in Advanced Aromatherapy. She studied at the Master Herbalist level with Wild Rose College of Herbal Medicine and has a diploma in functional medicine from Maryland University of Integrative Health. Cheryl studied stress reduction and aromatherapy and presented research at the Canadian Mental Health Association Alberta annual conference.

She is the creator, host, and producer of The Aromatherapist podcast. Cheryl has trained with some of the world's renowned aromatherapy experts and she has students of her own around the world. She writes for leading natural health and medicine websites and her work has appeared in the International Journal of Professional Holistic Aromatherapy. She helps women manage hormone and thyroid health with natural, nutritional, and herbal approaches.



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## COLLABORATIONS & AUDIENCE

Cheryl has worked with leading brands of essential oils and health and medicine sites. Her community and audience is 90% women, with the majority age 25-34, interested in natural health, natural living, and sustainable lifestyle.

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