



A New Year... A New You...

get ready for 2012!

Health and Wellness

Dr. Sharyn Wynters

By Suzanne Takowsky

For more than 37 years, former actress Dr. Sharyn Wynters has been a staunch advocate for health and wellness. A renowned motivational speaker, she travels the world giving seminars and workshops that teach people how to change their lifestyles to rid their bodies of sickness and disease. This is a topic she knows all too well. When she was in her 20s, Wynters was diagnosed with a life-threatening illness—cancer. Her choices were limited. She could either continue to live her life as she always had with the hope that the toxic drugs Western medicine could offer would prolong her life; or, she could take matters into her own hands, change her lifestyle and eliminate from her daily routine all of the “bad” choices that had led her to death’s door.

Against her doctor’s recommendations, she turned her back on Western medicine and sought the answers she so desperately needed in alternative life choices. It was not an easy decision. But once she made the choice to take charge of her own health, she knew that it would entail an entire “lifestyle” makeover. So she started with the food she ate, then she visited the toxic products she used on her body and in her home, and finally she emptied out her medicine cabinet, and threw out all of the over-the-counter medicines and products that up until then—she had relied on—just as most of us do.

After much research, she enlisted the help of Dr. William Donald Kelly, a world renowned authority on the metabolic treatment for cancer. His extraordinary programs of diet change to cure cancer have produced unheard of full-recovery results. Wynters’ healing journey not only left her cancer-free, but gave her a new passion in life. She studied to become a naturopathic doctor, and ever since has dedicated her life to helping and teaching others a regenerative health and wellness program she bases entirely on whole food nutrition and toxin-free living. She helps thousands of people world wide to regain their health by eliminating disease and illness from their bodies.

“As a former actress, and someone who is still in the public eye, it’s important for me to look my best. But looking good doesn’t mean I succumb to mainstream personal care products filled with toxic ingredients that will ultimately undermine my health,” states Wynters. “In today’s world there are dozens of alternatives. The average individual uses nine different personal care products each day. The difficulty lies in the fact that traditional personal care products are loaded with toxic ingredients—everything from lead and formaldehyde (which are not required to be included on the list of ingredients) to solvents, plasticizers, preservatives, antimicrobials, dyes, and bonding agents. No matter how small the amount, many of these substances mimic hormones and they accumulate with daily use.”

In addition to her own practice, Wynters also serves as an Ambassador to Fran Dresher’s Cancer Schmancer, and Fran’s new organization, Trash Cancer. Wynters’ new company, Live in Pure, was co-founded with Kristal Moffett, co-Ambassador to Cancer Schmancer.