

**Cyndi O'Meara** lives in Australia on Queensland's Sunshine Coast with her husband and three children.

**Renowned for her successful and unconventional approach to health, Cyndi provides new truths on food, lifestyle and wholistic wellbeing.**

**A qualified Nutritionist with a Bachelors degree in Science** and post graduate studies in the human anatomy, diagnosis and health management, she is consistently called upon to share her health insights and has contributed to a host of National magazines, publications and newspaper articles. In addition Cyndi has also been featured on numerous TV Programs such as Today Tonight, 9am with David and Kim, Brisbane Extra and Nourish of which she is host. Well regarded for her immense knowledge, entertaining and enthusiastic approach to well being, she is regularly interviewed on talkback Radio programs nationally as well as being the weekly Nutritional expert for the ABC.

**A fabulous role model for healthy living, Cyndi is not your typical nutritionist: she disagrees with the boring tasteless low-fat, low-calorie diets; she thinks chocolate can be good for you and coffee is not so bad; she loves butter; and is one out of ten nutritionists who does not recommend a certain breakfast cereal;**

**Cyndi is a fresh and innovative and believes cheating and eating yummy foods are all part of a well-balanced diet.**

Cyndi must be doing something right because she maintains a healthy weight and has breezed through broken bones and various other afflictions that come with living an adventurous lifestyle. She (nor her children aged 14, 16 and 18) have never taken an antibiotic, pain-killer or any other form of medication.

**Awarded Sunshine Coast Business Woman of the Year in 2003, Cyndi is a well respected, passionate and animated National and International Keynote Speaker** who successfully manages her time with her wonderful family and her passion of showing others how they too can live healthier, more interesting and more financially comfortable lives implementing the strategies she's learnt and lived for total wellbeing.

**'The best medicine of all is to teach people how to not need them'**  
**Cyndi O'Meara**