



Dr. Megan Lyons

HARVARD GRADUATE, MBA,
AND DOUBLE BOARD
CERTIFIED DOCTOR OF
CLINICAL NUTRITION

Inspiring others to feel their healthiest and happiest
by sharing cutting-edge scientific information
combined with a healthy dose of compassion

KEY TOPICS

(Additional topics available
upon request)

- **Is This Normal?** Decoding everyday symptoms that may indicate thyroid, adrenal, metabolic, hormone, or digestive dysfunction
- **Thyroid Health:** Why thyroid conditions are on the rise and what to do about it
- **Digestive/ Gut Health:** Reducing bloating, improving energy, managing cravings, and protecting against disease start in the gut
- **Adrenal Health:** How chronic stress impacts the body and how to become more resilient
- **Cardiovascular Health:** Cholesterol, inflammation, and more: what you do today impacts your risk tomorrow
- **Brain Health:** How diet, lifestyle, and exercise impact brain health and risk of cognitive decline
- **Metabolic Health:** 88% of Americans are metabolically unhealthy; be in the 12%!
- **Hormone health:** (Peri)menopause strategies to ease hormonal transition



Dr. Megan Lyons, DCN, is a sought-after health & wellness expert who is deeply passionate about inspiring others to feel their healthiest and happiest.

Megan is a Harvard graduate, MBA, and former management consultant who left the business world to follow her passion for wellness by opening The Lyons' Share Wellness in 2014. Since then, she's earned a Masters degree in Holistic Nutrition, a Doctorate of Clinical Nutrition, and become Double Board Certified in Holistic Nutrition and Clinical Nutrition. She runs a functional nutrition practice called The Lyons' Share Wellness, where she has amassed over 14,000 hours of 1-to-1 nutrition consulting with clients internationally.

Megan hosts a top podcast on health and wellness, "Wellness Your Way with Dr. Megan Lyons." She speaks widely at conferences, corporations, and universities. Her passion for science-backed information, practical application strategies, and realistic behavioral change methods are a breath of fresh air in the podcast world!

CONNECT WITH MEGAN

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 thelyonsshare.org/wellness-your-way-podcast