



# Megan Lyons

HARVARD GRADUATE AND  
DOUBLE BOARD CERTIFIED  
HOLISTIC NUTRITIONIST

Inspiring others to feel their healthiest and happiest

Megan Lyons 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 Master's degree in Holistic Nutrition, become Double Board Certified in Holistic Nutrition and Clinical Nutrition. She is currently pursuing a Doctorate of Clinical Nutrition, and has amassed over 10,000 hours of 1-to-1 nutrition consulting with clients internationally.

Megan is the author of "Start Here: 7 Easy, Diet-Free Steps to Achieve Your Ultimate Health and Happiness," a Top 10 Amazon Bestseller in Nutrition, and she runs a top podcast on health and wellness, "Wellness Your Way with Megan Lyons." Her Revitalize Health Accelerator is a community of health-minded individuals looking to continuously uplevel their health and wellness.

## KEY TOPICS

- The 5 **critical** factors most people miss when it comes to their health.
- **WAKEUP + GO:** The 8-Minute Morning Routine that Will Change Your Life.
- **From Surviving To Thriving:** How to Mitigate the Impact of Stress on Your Health.
- **Back To The Basics:** the diet & lifestyle factors that are most important to vibrant health.
- **You Don't Need A Diet:** why focusing on what to add IN is more powerful than focusing on what to remove.
- **Building Healthy, Resilient Brains:** Using Nutrition and Lifestyle to Improve Stress, Anxiety, and Overall Health.
- **How Gut Health Impacts Overall Health:** the scientific connection between the Microbiome and health experience.

## CONNECT WITH MEGAN



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