

ELIZABETH YARNELL, ND, CLT

MULTIPLE SCLEROSIS SPEAKER

In the world of Multiple Sclerosis, there are doctors, researchers, fundraisers, supporters, and of course, patients. Elizabeth Yarnell encompasses all of these roles and more, making her a compelling speaker and facilitator in the MS community.

A holistic nutritionist and naturopath, Dr. Yarnell is the Director of the *Fight MS with Food* project and maintains a clinical practice focused on dietary management of chronic disease. As a patented inventor and author of the award-winning cookbook, ***Glorious One-Pot Meals***, Elizabeth's knowledge, her inspirational story, her accessible manner and seasoned presence all engage audiences with a sense of connection and camaraderie.



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Selected recent MS affiliations include:

- National MS Society "Women on the Move for MS" luncheons, Aspen, Colorado Springs, Colorado.
- Rocky Mountain MS Center's "Gadgets, Gizmos, and Strategies for Living with MS", Westminster, Colorado.
- Patient education programs for NMSS chapters in Arizona, New England, Colorado.
- Keynote speaker for Foundation for Food Allergy Research for MS (FFARMS).
- Regular columnist on nutrition and MS for the Rocky Mountain MS Center.
- Host of the "Land of Nutrition" at NMSS Walk MS events.

Elizabeth has been featured in *MS Focus*, *Momentum*, *InforMS* and other MS publications, as well as mainstream newspapers and magazines including the *Philadelphia Inquirer*, *Vegetarian Times*, *Good Housekeeping*, and *Women's World* (complete listing online).

Television Experience

(complete listing and video online)

- "Colorado & Co", NBC
- "First News", ABC
- "7News", CBS
- "Cook-a-thon", PBS
- "The Chat Room", AZTV7
- "Channel 2 News", WB

Elizabeth was the keynote speaker for our "Women on the Move for MS" luncheon this year and enthralled a sell-out crowd with her inspiring story and enlightening message about how to live a vibrant, healthy life with MS. The line to speak with her afterward snaked out the door as people felt connected and engaged by her contagious energy. She is a draw and we are looking forward to our next MS event with Elizabeth.

Tricia Williams
National MS Society,
Colorado-Wyoming Chapter



Serving up Recipes
for Healthier
and Happier Lives
