

# SHERRY TORKOS

B.SC.PHM.

PHARMACIST, AUTHOR, AND SPOKESPERSON

## SUMMARY

Sherry Torkos is a holistic pharmacist, author, and lecturer. She received her Bachelor of Science degree in Pharmacy from the Philadelphia College of Pharmacy and Science in 1992. Sherry has authored eighteen books and booklets including, The Canadian Encyclopedia of Natural Medicine, Saving Women's Hearts, The Glycemic Index Made Simple, and Breaking the Age Barrier. She is a frequent guest on radio and TV talk shows where she discusses a variety of medical and natural health topics. In her spare time, Sherry enjoys paddle boarding, hiking and scuba diving.



## EDUCATION

### Bachelor of Science in Pharmacy

Philadelphia College of Pharmacy and Science  
Graduated Cum Laude  
1988-1992

### Natural Sciences Program

McMaster University, Hamilton, ON  
1987-1988

## PUBLICATIONS

### Books and Booklets

The Canadian Encyclopedia of Natural Medicine, 2nd ed, HarperCollins, 2013  
Saving Women's Hearts, John Wiley & Sons, 2011  
Relax: Effectively manage stress, AIM Publishing, 2009  
Gluten Free: Improve Digestion, Feel Better, AIM Publishing, 2009  
Immunity: Power Up Your Natural Defenses, AIM Publishing, , 2008  
The Canadian Encyclopedia of Natural Medicine, John Wiley & Sons, , 2008  
Coenzyme Q10: Discover the Spark of Life, AIM Publishing, 2008  
Live Well: A Woman's Guide to Optimum Health, John Wiley & Sons, 2007  
The GI Made Simple, John Wiley & Sons, 2007  
Proven Natural Solutions for Depression, John Wiley & Sons, 2004  
Winning at Weight Loss, John Wiley & Sons, 2004  
Breaking the Age Barrier, Penguin Books, 2003  
The Benefits of Berries, Bearing Marketing, 2003  
Complete Idiot's Guide to Women's Health for Canadians, Prentice Hall, 2001  
The Secret of St. John's Wort Revealed, Impakt Communications, 1999  
The Superior Healing Power of SAME, Impakt Communications, 1999  
Vanish Varicose Veins, Impakt Communications, 1998

## GUEST LECTURER

Breast Cancer Foundation Annual Conference, Singapore  
Canadian Health Food Association, Toronto, ON & Vancouver, BC  
Canadian Mental Health Association, Niagara Falls, ON  
Canadian Pharmaceutical Association, London, ON  
Complementary Health Care Council of Australia Conference  
Consulting Dietitians of Ontario, Toronto, ON  
Expo East: Natural Products Symposium, Washington, DC  
Expo West: Natural Products Symposium, Anaheim, CA  
Food Expo Taipei, Taiwan  
Health and Beauty America, Global Expo, New York, NY  
Herbs, Nutraceuticals, and Women's Health, Pharmacists, Canada  
International Food Ingredients & Additives, Tokyo, Japan  
London Drugs, Continuing Education Event, Vancouver, BC  
McMaster University Continuing Medical Education, Hamilton, ON  
Ontario Pharmacists' Association, Niagara Falls, ON  
Pharmacists' Association of Niagara Peninsula, Niagara Falls, ON  
Supply Side Expo, Las Vegas, NV  
The Health Show, presenter at Victoria, Kelowna and Calgary Shows  
The Natural Trade Show, Harrogate, UK  
Total Health Gateway, Niagara Falls, ON  
Vitafoods International Symposium, Geneva, Switzerland  
Women's Health Show, Toronto, ON

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## MEDIA EXPERIENCE

### Television Interviews

ABC, CBS, FOX, UPN, Sacramento, CA  
ABC, CBS and FOX, Dallas, TX  
ABC and Fox, Chicago, IL  
ABC, NBC and CBS, Las Vegas, NV  
ABC, NBC, FOX, Baltimore, MD  
ABC, Washington, DC  
ABC and CBS, Houston, TX  
ABC and NBC, San Francisco, CA  
Better TV, National  
CBS and FOX, Orlando, FL  
CBS, Los Angeles, CA  
CBS, NBC and FOX, Tampa, FL  
CBS, Miami, FL  
CBS, Fox and NBC, San Antonio, TX  
CH Morning Live, Hamilton, ON  
Cityline, National  
City TV, All Markets  
CNN Accent Health, National  
CTV, All Markets  
Discovery Health, National  
Dr. Steve Show, National  
ET Canada, National  
FOX, ABC and NBC, Minneapolis, MN  
FOX, Boston, MA  
FOX, CW, Denver, CO  
FOX, NBC and KUSI, San Diego, CA  
Global TV: Toronto, Halifax, Edmonton  
Good Morning Canada, National  
NBC, ABC, FOX and UPN, Phoenix, AZ  
NBC, New York, NY  
NBC and ABC Hartford, CT  
NBC and CW, Philadelphia, PA  
Steven & Chris Show, National  
Sun News Network, Toronto, ON  
The Marilyn Denis Show, National  
WFLA Daytime, National  
WGN, National

### Radio Interviews

ABC Radio News, National  
American Urban Network, National  
Armed Forces Radio, National  
Cable Radio Network, National  
CBC Radio Canada, National  
CFAX, Victoria, BC  
CFRB, Toronto, ON  
CFTR 680 News, Toronto, ON  
CHML, Hamilton, ON  
CHUM, Toronto, ON  
CKNW, Vancouver, BC  
CNN Radio, National  
Sirius/XM Doctor Radio, National  
Dr Bruce Hensel Show, National  
Entertainment Radio Network  
Health Matters, National  
It's Your Health, National  
KEAR, San Francisco, CA  
KLUV, Dallas, TX  
Martha Stewart Radio, National  
National Public Radio  
Radio America, National  
RadioMD.com  
Salems News Network, National  
The Danielle Lin Show, National  
The Deborah Ray Show, National  
The Good Life, National  
United News & Info, National  
Voice of America, National  
WAXY, Miami, FL  
WCBS Radio, National  
WGN, Chicago, IL  
WKHC, Atlanta, GA  
WMKI, WBZ and WNAV, Boston, MA  
WMMB, Orlando, FL  
WNJC, Philadelphia, PA  
WOR Radio, National

### Magazine | Print | Online

AKA Mom Magazine  
Alive Magazine  
Balance Magazine  
Best Health Magazine  
Better Home & Gardens  
Canadian Living  
Chatelaine  
Delicious Living  
EmpowerHer.com  
FIRST  
Flare  
Glow  
Hamilton Spectator  
Health  
HealthCentral.com  
Homemakers  
Huffington Post  
Kiwi Magazine  
Ladies Home Journal  
Muscle & Fitness  
Natural Solutions Magazine  
NewsMax Health  
OptiMYz  
Ottawa Citizen  
Parents Canada  
Pharmacy Post  
Pharmacy Practice  
Pregnancy & Newborn Magazine  
SheKnows.com  
The Globe and Mail  
Time Magazine  
Toronto Sun  
Total Health Magazine  
Vancouver Sun  
Whole Foods Magazine  
Woman's World  
Zoomer

## HONORS/AWARDS

J.C. Gould Memorial Award  
Distinguished Practice (1999)  
  
Commitment to Care Award  
Excellence in Patient Care (1994)

## ADVISORY BOARDS

Alive Magazine  
femMED  
Natural Medicine Journal

## PROFESSIONAL ASSOCIATIONS

Pharmacists Association Niagara Peninsula  
Canadian Health Food Association