



Shelley Goldbeck

Thinker. Writer. Speaker.

Is Your Food Killing You?

Today's generation of children will not live as long as their parents. Shocking isn't it?

Shelley's philosophy is that most chronic illness and disease can be treated, even reversed through the consumption of Whole Real Food. Our out-of-control rates of obesity and chronic disease can be traced back to our over-consumption of processed food.

Learn how you can take control of your health by making better food choices.

Keynotes and Workshops

- How Sweet It Isn't: Sugar Revealed
- Organic Food: Is it worth It? Grow your own.
- You are the CEO of Your Body: Health plan for business people
- The Truth About GMOs: Are they really harmless?
- What's In Your Food? What government and the food industry don't tell you.
- BARF Bones and Raw Food Diet for your Dog's Health

What Audiences Say

Presentation:

"Shelley took otherwise boring material and made it surprisingly interesting."

– Peter Arnall, Principal,
Golder Associates

Influence:

"Four clubs began producing newsletters after attending Shelley's workshop."

– Caryl Walker, Area Governor,
Toastmasters International

Impact:

"I told my daughter (8) about your talk on sugar... while we were at Kernels. She said 'Mom, I was going to get Superkid, but I don't want the sugar... I think I will get cheese instead.' It's a start."

– Deanna Burgart, Engineer
Worley Parsons

"Shelley will change the way you think about sugar forever."

– Peter Temple, CAPS Calgary

Shelley Goldbeck is the founder of WholeRealFood.com. With humour, passion, and conviction, Shelley shares her 35 years of researching food and her lifelong quest to achieve optimum health. You will learn about our common human struggle to be our best in our toxic world and how Whole Real Food is integral to our survival. Shelley's philosophy is simple: Eat the Food, the Whole Food, and Nothing but the Food.