



Erin
Kerry

Coach, Writer, Podcaster, Speaker

*Integrative Nutrition and Functional
Medicine Expert*

Erin Kerry is a certified integrative nutrition health coach with training from The Institute for Integrative Nutrition and The School of Applied Functional Medicine.

As a survivor of mental illness, Erin knows firsthand how suffering from a chronic illness can infiltrate every area of life. She wants people to be empowered to be their own health advocate and not be limited by a label or diagnosis.

Her work has been featured by many news outlets, and her podcast, Sparking Wholeness, is a top-ranked podcast in the health and fitness category.

SIGNATURE TOPICS

- ✓ The gut-brain connection
- ✓ Practical tips for daily self-care
- ✓ Nutrition for mental health
- ✓ Addressing the root of depression and anxiety
- ✓ Creating stress resilience
- ✓ Overcoming mental illness

*First book coming soon from
Tyndale Refresh in 2025*



27.5K

social media
followers



75K

podcast downloads
per episode



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sparkingwholeness.com