



Elizabeth YARNELL

Natural Health and Autoimmune Expert

About Me

Since being diagnosed with multiple sclerosis at age 30, Elizabeth Yarnell has spent the past 20 years studying how to manage autoimmunity naturally as a traditional naturopath. She's worked with hundreds of MS and other autoimmune sufferers in her nationwide clinic using unique, personalized natural therapies to help them slow or even reverse the course of their disease. She's a TEDx speaker, award-winning author whose cookbook has sold more than 60,000 copies, a patented inventor, and has been featured on CBS, NBC, ABC, and PBS as well as in Good Housekeeping, Health, Martha Stewart Living Radio, and many other outlets.

Speaker Topics

- Managing Multiple Sclerosis Naturally
- The Healing Secrets of Anti-inflammatory Diets
- Reclaim Your Health from Auto-immune Diseases
- Why Addressing Inflammation Should Be The Center of Personal Healthcare
- Parasites and How They Could Be Making You Sick

Accolades & Achievements

- TEDx speaker
- Doctorate in Traditional Naturopathy
- Board-certified in Traditional Naturopathy
- Holder of two patents
- Award-winning Author

Speaker Testimonials

“Elizabeth was a fantastic presenter – she was knowledgeable, passionate, and engaging. Our Personal healthcare candidates were thrilled to receive such great resources on the influence of diet on inflammation and how to work with patients to promote healthier minds and bodies. Our team highly recommends Elizabeth for your next speaking engagement!”

James Lecy,
On Time Talent Solutions

“Elizabeth Yarnell is actually quite amazing. Not only are her cooking techniques and recipes energy efficient, delicious and healthy, but the way she teaches is also quite extraordinary... Her presentation is professional, yet warm and genuine.”

Karen Wenzel, Executive Director
Rocky Mountain MS Center

“Elizabeth's presentation and professional approach to making life simple could not be better for our patients. Dutch oven cooking really helps to fill the void in trying to cook fast yet healthy... Her second time around here was as good as the first and people are still talking about (it)...”

Richard E. Collins, M.D.
South Denver Cardiology Associates, P.C.

Contact Me

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