

15. Thriving with Autoimmune Disease - Kerry Jeffery

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Kerry Jeffery is a counsellor, clinical hypnotherapist and Life coach, committed to living her best version of a happy, healthy life with 3 chronic autoimmune diseases; Celiac, Hashimoto's Thyroiditis and Antiphospholipid Syndrome. She specialises in helping people overcome trauma, toxic parent relationships and works with many clients world wide with chronic illness to eliminate trauma and make peace with their bodies. This includes following the AIP diet protocol (Autoimmune Paleo) and taking full control of her health, wellness and lifestyle.

Website: <http://www.lovetransformslc.com>

Website: <http://www.emotionalautoimmunity.com>