

About Teri Secrest

Teri Secrest has been a natural health educator for 25 years. She is the author of "Eating Out of Heaven's Garden", "Vibrant Living", and her newest book, "A Biblical Perspective on Essential Oils".

As a personal wellness coach, Teri helps her clients discover ways to live a healthier life through good nutrition, exercise and a good attitude. Teri also teaches the treasures of health found in the Scriptures. Teri has been on over 50 international radio and television shows and she teaches health all across the US, Europe, Singapore, Malaysia, Hong Kong, Indonesia, Japan, and Australia. Teri's books have been translated into Spanish, German and Japanese".

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