



co-author

## Jewel W. Williams, DHSc, CHES®

Jewel W. Williams is a health sciences educator, EMS professional, and health coach who believes that sustainable wellness begins with awareness and access.

With nearly 30 years in education and public service, she has taught in classrooms, responded in the field, and now support clients through coaching rooted in functional medicine principles. Jewel is currently expanding this work by pursuing a certification in Functional Medicine and Health and Wellbeing Coaching to deepen her ability to support brain, gut, and cardiovascular health in high-achieving women.

Whether she is teaching future healthcare professionals or guiding clients through lifestyle change, her mission is the same: to help people live well, lead well, and leave a legacy.

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