

# Sharon Meadows Sneed

Aesthetica MedSpa™  
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## Education:

Post-doctoral Fellowship	University of California at Berkeley, sponsored by a National Institute of Health Research Grant
Ph.D.	Texas Woman's University, Nutrition – major (emphasis in Biochemistry), Statistics – minor, graduated with honors
M.S.	Texas Woman's University, Nutrition – major
B.S.	Texas A&M University, Zoology – major

## Work Experience:

1999 to present	Co-owned, operated, and created Aesthetica MedSpa™, a cosmetic dermatology and medical aesthetics office
1986 to 1998	Owned and operated Sharon M. Sneed Ph.D. and Associates, Nutrition Counseling Service. Managed professional and administrative employees while providing group and individual nutritional counseling to patients.
1986 – 1995	Author of seven books and chapters in five others (listed below). Over 1.5 million books in print. Worked for Word Publishers, Thomas Nelson Publishers, Vine Books, Baker Book House and Focus on the Family Publishing.
1990 – 1992	Writer for <u>Today's Christian Woman</u> magazine. Co-authored a monthly column on health related issues for three years.
1986-1989	Nutritionist for the Woods Institute in Austin, Texas
1984-1986	Private nutrition consulting practice in Corpus Christi, Texas
1983-1986	Adjunct Professor, Corpus Christi State University
1981-1983	Adjunct Professor, The Medical University of South Carolina
1979-1980	Adjunct Professor, Chabot College, San Francisco, California
1975-1979	Research Assistant, Texas Woman's Univeristy

## **Professional Publications and Academic Presentations:**

Published in the following refereed journals:

Journal of Nutrition

American Journal of Nutrition

American Dietetic Association

National Academy of Science Proceedings

Academic Presentations have been presented at the following meetings:

National Institute of Health

American Dietetic Association

Texas Dietetic Association

A full bibliography for almost twenty articles and presentations either authored or co-authored is available upon request.

## **Lay Publications and Books:**

PMS: What it is and what you can do about it, co-authored by Joe McIlhaney, M.D., Baker Book House. Published in Spanish, German and a UK version.

Prime Time: A health guide for women over 35, co-authored with David L. Sneed, D.O., Word Publishers. Published in Spanish, German, and a UK version

Love Hunger: Recovery from Food Addiction, co-authored with Minirth, Meier and Hemfelt, Thomas Nelson. Published in several languages. The top selling hardback book of 1991 in CBA and the winner of numerous awards. Picked up by Penguin for paperback version.

Love Hunger: The Workbook, co-authored as listed above.

Love Hunger: Ten-Step Program, published by Thomas Nelson.

Understanding Your Family Chemistry, co-authored for Vine Books.

The Hidden Agenda, co-authored for Thomas Nelson Publishers.

Growing a Healthy Home, one chapter in a Focus on the Family Publication.

Pastor, Pastor, one chapter in a book and tape series from Focus on the Family.

Women's Topical Bible, guest writer for five commentaries in this Thomas Nelson Publication.

## **National Media:**

Two nation-wide tours were completed with Planned Television Arts associated with book writing; have also been on hundreds of local radio/television programs throughout the nation and the following national media programs:

Good Morning America  
700 Club with Pat Robertson  
Focus on the Family with James Dobson  
700 Club radio  
CNN  
TBN  
Moody Institute

## **References upon request**