

## From Wimbledon to Writing - Coast Chiropractor wins Literary Award for her groundbreaking book...

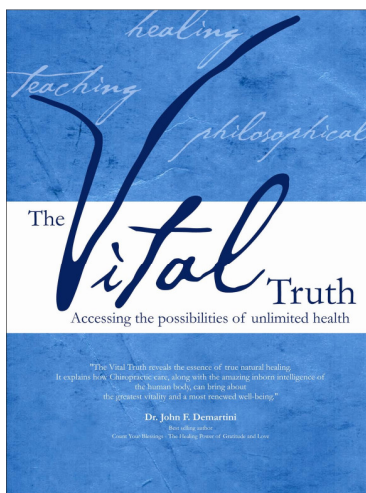


**A Sunshine Coast Chiropractor and Author has just been awarded the WARM Literary Non Fiction Writer of the Year Award for her groundbreaking book about unlimited health potential entitled 'The Vital Truth'.**

Dr Sarah Farrant said she was **thrilled to receive the recognition**. 'It is fabulous for my writings to be recognized in this way. I have been studying this topic for 23 years and I'm always so inspired to share it with others. People are now able to **read about health from a very different view point**'. A view, which Sarah has been passionately sharing for many years with students, practice members, fellow health professionals and peers.

The Point Cartwright mother of three who has always had an interest in health was once destined for Wimbledon but changed direction and went onto study Physical Education, and then onto training some of Australia's elite athletes including the Australian World Aerobics Champions and NBA Basketballers before heading to the USA to be trained at the founding school of Chiropractic - Palmer College. This turned out to be a challenging and rewarding move and **ultimately planted the seed of inspiration** for Sarah to graduate wanting to make a real difference in the lives of those she came into touch with. **Her healing hands soon found another purpose in helping others to maximize their health potential, and shortly after her second child was born, so was her first book.**

With baby three just born, you'd think this busy mum would be slowing down a little. But there's no time for Sarah to stop and celebrate the accolades however; **she is in hot demand** with various groups already **booking her to speak on a range of health topics and issues around the globe including the USA and UK**. Coast residents won't miss out though, they will get the opportunity to hear Sarah speak on 'Adjust to the Challenges of Vaccinations' in August, and Chiropractors will discover the latest developments and key insights with the 'Evolve Revolve' Chiropractic Seminar being held in September just prior to her hopping on a plane to take up centre stage at some of the largest Chiropractic Conferences in the USA.



Dr Sarah Farrant

'It's an exciting time in my life, I've just home birthed my third beautiful child, my work has been recognized and I'm doing what I love which is sharing vitalistic philosophy and how it relates to health. My purpose is to change the health consciousness and my aim is to inspire a desire in others to live their life differently. **I enjoy seeing people transform their lives**. I enjoy seeing them ask different questions which helps them to live at their fullest capacity. It is truly remarkable'.

'Adjust to the Challenges of Vaccination' is on August the 25<sup>th</sup>, at Lake Kawana Community Centre and the 'Evolve Revolve' philosophy evening for chiropractors is on the 12<sup>th</sup> of September at Wellness for Life Chiropractic, 193 Maroochydore Rd, Maroochydore. Seats are filling fast for each event and bookings are essential. For more information and to buy Sarah's award

winning book 'The Vital Truth: accessing the possibilities of unlimited health' go to her website [www.drSarahfarrant.com](http://www.drSarahfarrant.com)