

Sheryl A. Ross, M.D., “Dr. Sherry”  
Biography (Short)-Last Updated: July 2019

Dr. Sheryl A. Ross, aka “Dr. Sherry”—Ob/Gyn, author, and health expert—has been a fierce advocate for women’s health for over 25 years. Her first book *She-ology: The Definitive Guide to Women’s Intimate Health. Period* was named one the six Most Life Changing Wellness Books of 2017 by Prevention.com and Women’s Health Magazine. Her second book, *she-ology, the she-quel, Let’s Continue the Conversation*, hits bookshelves in February 2020. Having received nearly every “Top Doctor” and “Patient’s Choice” award in Southern California, Dr. Sherry was most recently honored with The John Wayne Cancer Institute Auxiliary Angel Award for her contributions in advancing the narrative of women’s health care.

In her pursuit to give women the means to take charge of their health at every stage of their lives, Dr. Sherry co-founded **she-ology**, a first-of-its-kind women’s wellness brand to treat disruptive hormonal cycles with safe, reliable and researched based supplements.