

## Dr. Chet

Dr Chet: Helping you save your own life through informed health choices.

Dr. Chet has the ability to explain complex scientific health concepts and translate them into simple lifestyle changes that my readers and listeners can use to improve their health.

In 2008, He formed his own company: Chet Zelasko PhD LLC. As a health and fitness consultant, he provides health information based on the most recent research and delivers it in a way that's easy to understand. He make sense out of the health news people hear so they can make better health choices and achieve optimal health.