



## Dr. Keesha Ewers



Dr. Keesha Ewers is a board certified Functional and advanced Ayurvedic medical practitioner as well as Doctor of Sexology, Advanced Registered Nurse Practitioner, Psychotherapist, energy worker and the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

Dr. Keesha has been in the medical field for over 30 years. After being diagnosed with rheumatoid arthritis—an incurable disease according to Western medicine—she discovered how to reverse autoimmunity using her Freedom Framework® Method, which she has now used with thousands of her own patients and teaches to her health coach students in her online certification program.

You will find Dr. Keesha traipsing the mountains and hills and beaches of the Pacific Northwest or kayaking the surrounding waters in and around Washington state with her husband and two beloved golden doodles, Sophie and Gracie.

Her constant thirst for knowledge in the pursuit of finding answers to her patient's problems has taken her around the world, learning from traditional healers and native cultures from Australia to Peru and Africa to India, as well as from the best of the innovative thinkers and scientists the US has to offer.

Her teachers include Doreen Virtue in certified angel therapy and mediumship, David Daniels and Helen Palmer in the Enneagram, Diane Zimmerhoff in heart-centered clinical hypnotherapy, David Grand in Brainspotting, Francine Shapiro in EMDR, Dr. Gina Ogden in the 4-D Relational Wheel and sex therapy, Swami Rama and Ramana Maharshi in meditation and Tantra, Johnny Kest in yoga, Dr. Vasant Lad, Dr. Light Miller, and Dr. Vivek Shambhag in Ayurveda, the staff at the Institute for Functional Medicine, Michael Tierra in herbalism, Puma Quiespe, who initiated her as a mesa carrier and Huachumera (plant medicine healer), Swami Ananda Kapila Saraswati in Tantric Shaivism, and Ajayan Borys, her husband, along with Cameron, Collin, Kendyl and Regan, her four children, who continue to be her greatest teachers of this lifetime.

Dr. Keesha is a popular speaker, including from the TEDx stage, and the best-selling author of *Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health* and *Your Libido Story: A Workbook for Women Who Want to Find, Fix, and Free Their Sexual Desire*. You can listen to her Healthy YOU! Radio Show and find her books and programs at [DrKeesha.com](http://DrKeesha.com).