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APRIL 3-9  
**THE WOMAN'S VITALITY SUMMIT**  
THEWOMANSVITALITYSUMMIT.COM

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**The Woman's Vitality Summit  
Workbook**  
**Your guidebook through this year's summit!**  
**Hosted by Dr. Keesha Ewers**

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5. Dr. Shiroko Sokitch: Chinese Medicine and The Modern Woman
6. Dr. Stephanie Davis: The Skin You're In: Understanding the Gut-Immune-Skin Connection
7. Wendy Myers: How to Heal and Detox your Thyroid Naturally

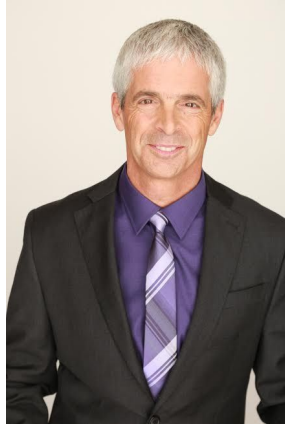


# DAY 1



# Dr. Tom O'Bryan

## The Autoimmune Fix: How Medicine Has Betrayed You



**Questions to support you:**

**How does having an autoimmune condition fuel inflammation?**

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**What foods should be avoided and what foods should be eaten to keep a healthy immune system?**

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**What lifestyle habits can a person create to combat inflammation in their body?**

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**BIO:**

Dr. O'Bryan is a world expert on autoimmune disease, gluten and its impact on your health. He is an internationally recognized and sought after speaker and workshop leader specializing in the complications of Non-Celiac Gluten Sensitivity, Celiac Disease, and the development of Autoimmune Diseases as they occur inside and outside of the intestines. He is the founder of [www.theDr.com](http://www.theDr.com) and the visionary behind the recent "Betrayal" docuseries on Autoimmunity.

Dr. O'Bryan is considered the 'Sherlock Holmes' for chronic disease and metabolic disorders. He is a clinician par excellence in treating chronic disease and metabolic disorders from a Functional Medicine Perspective. He holds adjunct Faculty positions with the Institute for Functional Medicine and the National University of Health Sciences. He has trained thousands of practitioners around the world in advanced understanding of the impact of food related disorders and the development of individual autoimmune diseases.

His 2016 critically acclaimed groundbreaking book, 'The Autoimmune Fix' outlines the step-by-step development of degenerative diseases and gives us the tools to identify our dis-ease process years before the symptoms are obvious.

# Razi Berry

## Reconnecting to Yourself and to Nature for Healing



**Questions to support you:**

**If healing is in our nature, then why does it seem difficult to obtain?**

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**What are the 6 Naturopathic Principles of healing?**

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2. \_\_\_\_\_
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4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**What are ways we can reconnect to nature despite our hectic and busy lives?**

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BIO:

Razi Ann Berry is the founder of the award-winning journal [\*Naturopathic Doctor News & Review\*](#), [\*The International Journal of Naturopathic Medicine\*](#) and the naturopathic living health resource *NaturalPath* ([thenatpath.com](http://thenatpath.com))

Her personal journey from illness to health was the catalyst to a career in the field of naturopathic medicine. She has spent the last decade educating people to live healthier more purposeful lives through publications that bring together leaders in natural and preventive medicine, as well as empowering millions of people to embrace the philosophy of “The Healing Power of Nature.”

# Amy Medling

Healing PCOS to go from Pain Energy to Diva Energy



**Questions to support you:**

**What is PCOS and how do you know you might have it?**

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**How do you manage your PCOS physically and emotionally?**

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**What do women need to change about themselves in order to thrive with PCOS?**

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**BIO:**

As a certified health coach, Amy Medling often hears from women with Polycystic Ovarian Syndrome (PCOS) who are frustrated and have lost all hope when the only solution their doctors offer is to lose weight, take a pill and live with their symptoms. In response, she has developed a proven protocol of supplements, diet and lifestyle programs that offer women tools to help gain control of their PCOS and regain their fertility, femininity, health and happiness.

# Lucia Griesbach

**Empowered Children, Empowered Mommies, Empowered Planet**



**Questions to support you:**

**How does one start to empower themselves?**

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**What's the importance of being empowered and having a vision?**

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**How can we live in abundance and fearlessness?**

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**BIO:**

Lucia G (Griesbach) is a transformational coach working with leaders at home and in the workplace. As the CEO (Consciousness Expansion Officer) of Fearless Mommies, she seeks to empower others through conscious leadership whether you are a parent, an executive entrepreneur.

Lucia founded Fearless Mommies in 2013 with a mission to empower moms to live their best lives in order to raise loving, conscious children for a changing new world. She is trained as an Executive Coach through Royal Roads University. She graduated from University of British Columbia in Project Management with a specialization in Leadership Strategies from the Sauder School of Business. She also has an over 15 yrs of expertise in software and online development.

Lucia is authentic and a masterful coach who intuitively hears what has not been said. Lucia gives you the space to discover and grow, while providing just enough guidance and support to get you there. The name 'Lucia' means 'light' — which is what she does – help illuminate your authentic self. She is also a host for The Kickass Moms Summit as well as Abundance Mindset Secrets.

# **Bridgit Danner**

## **Bringing Vitality Back to Women in Pre-Menopause and Menopause**



**Questions to support you:**

**What symptoms are common during this transition?**

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**What can we do to ease the transition?**

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**What are some supplements and superfoods you recommend?**



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**BIO:**

**Bridgit Danner runs an online women's health community called Women's Wellness Collaborative. Through this community, she interviews experts in women's health through blogs, videos, podcasts and online summits. Bridgit Danner practiced Chinese Medicine for nearly 12 years and has performed over 12,000 treatments. She is also a certified Functional Diagnostic Nutrition practitioner. She has worked extensively in the fertility field, and has worked with many professional women in helping them find health within their busy lives. Bridgit became passionate about women's health after her own postpartum health crisis. With the help of life coaching, holistic nutrition, functional medicine and whole food cooking, she was able to recover from postpartum depression, epstein barr virus and adrenal dysregulation. She loves to share the tools and skills she's learned, along with the tools of other experts, to help women everywhere find the energy and balance they crave.**

# Dr. Deanna Minich

**From Color to Chakras and Food to Mindfulness**



## **Questions to Support you:**

**What do women most need to heal?**

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**Why is color important for healing?**

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**Why is creativity important for healing?**

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**BIO:**

Dr. Deanna Minich is an internationally-recognized lifestyle medicine expert, creative visionary and teacher, and author of five books. Her extensive background in nutrition, yoga, and personal growth led her to create a whole-self, colorful approach to health called Food & Spirit. She developed the Certified Food & Spirit Practitioner Program to provide health professionals with a practical way to apply the Food & Spirit framework with their patients and clients. She is author of *Whole Detox*, a book based on a whole-life, whole-systems, whole-foods approach to detoxification, as well as on her *Detox Summit*, the world's largest online event with 30 leaders in the detox field.

Dr. Minich has a Ph.D. in Medical Sciences (Human Nutrition and Metabolism) and a M.S. in Human Nutrition and Metabolism. During her scientific study, she also studied ancient healing arts such as Ayurveda and Traditional Chinese Medicine. Currently, she is a Fellow of the American College of Nutrition, a Certified Nutrition Specialist, a Certified Functional Medicine Practitioner, and a Registered Yoga Teacher. She spends her time teaching for her Whole Detox and Food & Spirit programs, the Institute for Functional Medicine and the University of Western States. Her passion is teaching a whole-self approach to nourishment and bridging the gaps between science, spirituality, and art in medicine.

# DAY 2



# JJ Virgin

## The Miracle Mindset - Reframing What's Possible



**Questions to support you:**

**What inspired JJ's Miracle Mindset book?**

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**What exactly is the Miracle Mindset? Why does our mindset matter so much?**

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**How do you start? What can you do to start changing your mindset today?**

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**BIO:**

Celebrity nutrition and fitness expert JJ Virgin teaches clients how to lose weight and master their mindset so they can lead bigger, better lives. She is author of 4 *NY Times* bestsellers: *The Virgin Diet*, *The Virgin Diet Cookbook*, *JJ Virgin's Sugar Impact Diet*, and *JJ Virgin's Sugar Impact Diet Cookbook*. Her memoir *Miracle Mindset: A Mother, Her Son, & Life's Hardest Lessons* explores the powerful lessons in strength and positivity that she learned after her son Grant was the victim of a brutal hit-and-run accident. JJ hosts the popular *JJ Virgin Lifestyle Show* podcast and regularly writes for Huffington Post, Rodale Wellness, and other major blogs and magazines. She's also a frequent guest on TV and radio and speaks at major events. In addition to her work with nutrition and fitness, JJ is also a business coach and founded the premier health entrepreneur event and community, The Mindshare Summit.



# Jordan Reasoner

## Your Gut: The Doorway to Wellness and Health



**Some questions to support you:**

**What are some of the signs and symptoms for leaky gut**

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**What causes leaky gut?**

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**How can we begin to fix leaky gut?**

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**BIO:**

Jordan Reasoner is a health engineer and author. He was diagnosed with celiac disease in 2007 and almost gave up hope when a gluten-free diet didn't work. Since then, he transformed his health using the SCD Diet and started [SCDLifestyle.com](http://SCDLifestyle.com) to help others naturally heal stomach problems.

# Corey Schuler

## Weighing Less Without Losing Your Sanity or Soul



**Questions to support you:**

**How did we find ourselves so confused by weight loss?**

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**Besides eating less and exercising more, what are the missing pieces to weight loss?**

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**What is the most important pieces of information to you during your first interview with someone wanting to lose weight?**

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**BIO:**

Corey Schuler set out on a quest in 2003 to study various healing methods in an in-depth way. Through that quest he has become a licensed nutritionist, registered nurse, and chiropractor board-certified in nutrition and acupuncture. He earned a master's degree in nutrition, a doctor of botanical medicine, and is a Certified Nutrition Specialist practitioner. He continues to study family practice nursing. He is the Director of Clinical Affairs for Integrative Therapeutics and has a private integrative medicine practice in Hudson, Wisconsin focusing on GI health, stress, and metabolism.

Corey is adjunct assistant professor at the School of Health Sciences and Education at New York Chiropractic College. He volunteers for the Board of Certification for Nutrition Specialists and is a member of Institute for Functional Medicine, American College of Nutrition, and American Nutrition Association. He has conducted numerous continuing education seminars, media and podcast interviews including CBS-WCCO and other radio stations, Intelligent Medicine, Underground Wellness, Five to Thrive Live, Aging but Dangerous, Rebel Health Tribe and more. He is on the board of directors for the International Probiotics Association and an advisor to Functional Medicine University.

# Debra Atkinson

## Flipping 50: Healthy and Abundant from Mid-Life to ALL of Life



Questions to support you:

What is the definition of vitality?

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What is the biggest drain of vitality for women over 50?

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How does exercise affect hormone levels?

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BIO:

Debra Atkinson, M.S., CSCS is Flipping 50 and the way thousands of women approach their second half. She's the host of the Flipping 50 TV Show

and the Flipping 50 podcast. As a personal trainer and wellness coach with 30 years fitness industry experience she works with women who are *pro-aging* with vitality and energy. She is an international fitness presenter for the International Council on Active Aging (ICAA), IDEA, and NSCA and author of hundreds of articles and four books including *You Still Got It, Girl! The After 50 Fitness Formula For Women*, and *Navigating Fitness After 50: Your GPS For Choosing Programs and Professionals You Can Trust*.

Debra is a professional speaker and member of the National Speaker's Association. She has a fitness industry presence that includes presentations for IDEA, ICAA and NSCA and CanFitPro and authors articles for fitness industry associations IDEA, NSCA, as well as online and print women's magazines. Debra is Subject Matter Expert for the American Council on Exercise (ACE), item writer for ACE's Medical Exercise Specialist exam, and has served as selection committee member for IDEA's personal training fitness award and NSCA's Personal Training Conference planning.



# Elisa Song

## Holistic Health for Kids - From an MD Mom



**Questions to support you:**

**What does physical vitality mean for our kids?**

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**How can we make sure our kids are vital emotionally and spiritually?**

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**How do toxins play a role in kids' vitality?**

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**BIO:**

**Holistic mama doc, Dr. Elisa Song, MD is a holistic pediatrician and mama to 2 crazy fun kids. In her integrative pediatric practice, Whole Family Wellness ([www.wholefamilywellness.org](http://www.wholefamilywellness.org)), she's helped 1000s of kids get to the root causes of their health concerns and helped their parents understand how to help their children thrive – body, mind, and spirit – by integrating conventional pediatrics with functional medicine, homeopathy, acupuncture, herbal medicine, and essential oils. These health concerns have ranged from frequent colds, ear infections, asthma, and eczema; to autism, ADHD, anxiety, depression, and autoimmune illnesses. Dr. Song created Healthy Kids Happy Kids to share her advice and adventures as a holistic pediatrician and mama.**

**Now everyone can have their very own virtual holistic pediatrician! You can follow her blog at Healthy Kids Happy Kids ([www.healthykidshappykids.com](http://www.healthykidshappykids.com)) and get daily tips and inspiration from her on Facebook (<https://www.facebook.com/DrElisaSongMD/>).**

# Dr. Sylva Dvorak

## How to Create Rituals for Vitality in All Areas of Your Life



**Questions to support you:**

**Why can making wellness/vitality changes be particularly difficult?**

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**How can rituals make creating changes in our life easier?**

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**What is the difference between a ritual and our habits?**

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**BIO:**

Dr. Sylva Dvorak is a holistic counselor, social entrepreneur, and author who maintains a private counseling practice while serving as Executive Director and Chief Inspiration Officer of the I AM Foundation.

Sylva received her undergraduate and graduate degrees from the University of Michigan in Ann Arbor and her PhD from Beurin University in Los Angeles, California. Sylva has developed programs for numerous Fortune 100-500 clients including, Bristol-Myers Squibb, Amway, Prudential, Herbalife, ARCO, HealthNet and Deloitte & Touche.

As an author, she has published numerous articles; contributed to several books, and is the co-author of the NY Times bestseller, *Your Hidden Riches - Unleashing the Power of Ritual to Create a of Life of Meaning and Purpose* (Random House, Nov. 2014). Sylva has worked with top corporate executives, spoken at international corporate events, and spoken to audiences from health care professionals to the general public and has shared the stage with Don Miguel Ruiz, Marci Schimoff, Janet Bray Attwood, Phil Town, Mary Morrissey, and numerous others.

Sylva's commitment to help others find their personal freedom goes back to her experiences as a young child. She and her family escaped from what was then Czechoslovakia during the Soviet Union occupation and at that time she spent time in refugee camps. Sylva lives what she teaches and is passionate about merging ancient knowledge with scientific understanding of the body and mind and how that can lead to healing and inner transformation.

# Ajayan Borys

Meditation - I Can't Get No Satisfaction!



Questions to support you:

What are some ideas to heal anxiety and take control back in one's life?

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**BIO:**

Ajayan has been exploring and teaching a variety of meditation practices since 1970. In the early 70's, he spent several years studying in residence under Maharishi Mahesh Yogi, founder of the Transcendental Meditation Program®. For the next ten years, Ajayan taught the TM Program®. Since then he has traveled the globe continuing an impassioned exploration of consciousness and developing human potential through various meditation and yogic practices, specializing in traditional Tantric meditation practices as well as Advaitic (non-dual) meditation. He is the founder of Effortless Mind® meditation.

# DAY 3



# Dr. Keesha Ewers

## Solving the Autoimmune Puzzle



**Some questions to support you:**

**What does autoimmune mean?**

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**What are the four corners of the puzzle to solve any disease?**

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**What is an ACE Score?**

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**Make sure you get the bonus material for *The First Steps to Becoming a Certified Integrative Medicine Health Coach!***

**BIO:**

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.

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.

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).



# Tricia Greaves Nelson

## Healing Your Hunger - Ending Emotional Eating



### Questions to support you:

**What are the three main causes of emotional eating and food addiction?**

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**What is the biggest myth surrounding weight loss?**

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### **BIO:**

Tricia Greaves Nelson is an Emotional Eating Expert who lost 50 lbs. by identifying and addressing the underlying causes of her emotional eating. Tricia and her husband, spiritual healer Roy Nelson, have spent close to 30 years helping people overcome a myriad of addictions, including food addiction and emotional eating. They have spent decades researching the hidden causes of the addictive personality and they write and speak to audiences worldwide on the topic. Tricia is a certified coach, speaker and co-author of 101 Great Ways to Improve Your Health. She has been featured on NBC, CBS, KTLA, FOX and Discovery Health.

# Trish Moran-Ward

Special Needs Kids: Sanity, Motherhood and How To Get There



Questions to Support you:

What is Being Brilliant mean to you?

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Why are Functional Medicine and Root Cause Health, are all encompassing by looking at your physical issues and also your mental and emotional states?

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What are Trish's top 3 insights she wants you walk away with ?

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BIO:

Trish Ward, also known as 'the Soulful Nutritionist' I helps committed individuals and special needs families discover the food and lifestyle habits that work specifically for their unique biochemistry and soul journey, so they can live symptom-free, with abundant energy, stamina and joy. She calls herself, the Soulful Nutritionist, because she firmly believes that merging Soul and Science is where the magic of life is! In her 15 years of practice, she has seen, time and time again, that both one's physiology and psychology need to be in alignment to find true health. She is a founding member of mTT CA (My Team Triumph), an organization that allows disabled individuals the opportunity to experience endurance events, races, etc. thru able-bodied people; and is the creator of 'Restore Your Health, from the Inside Out' an 8 week program designed to address gut/brain healing. She is Mom to three, one with special needs, and a wife to her college sweetheart.

She is honored to work intimately with others, giving them an opportunity to reclaim their physical health and embrace their deep connection to self/spirit.

# DR. VERONICA ANDERSON

## The Medical Intuitive Is In!



**Questions to support you:**

**What exactly is a medical intuitive?**

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**Why is it important for people with illness and injuries to acknowledge and deal with their emotional and spiritual selves?**

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**BIO:**

Veronica Anderson, MD is a Medical Doctor, Intuitive, Functional Medicine Practitioner and Homeopath. In addition, she is a wellness mentor, national speaker, and designer of the Wellness for the REAL World Program. She is a highly sought-after guest on national television and syndicated radio and has hosted her own radio show and web video series. Her professional education includes doctor of medicine (with board certification in ophthalmology), training by the CEDH in Homeopathy, and she is a member

of the Institute for Functional Medicine. She completed pre-med at Princeton University, received her MD with honors after internship and residency at Robert Wood Johnson University Hospital and New York's Mt. Sinai Medical Center, where she received a fellowship in glaucoma. She is also president of Medicine World Enterprises and a member of the Pastoral Medical Association.

Dr. Veronica advocates natural, non-invasive programs for gaining and preserving wellness through broad lifestyle enrichment rather than disease management through medications – in other words, her focus is on “health” care rather than “sick” care. Pioneering a new generation of functional medicine practitioners, Dr. Veronica transcends all boundaries with her passion for wellness through her unique blend of Traditional or Alternative Medicines and clairvoyant and claircognizant abilities.. She provides her clients with one-on-one consultation and wellness coaching, designing personalized programs for clients to guide them towards better health and healing. Her approach combines nutrition, fitness, detoxification, hormone and neurotransmitter balancing through lifestyle and mindset changes and supplementation. Dr. Veronica guides her clients to appropriate alternative and complementary solutions for their underlying conditions.

# Dr. Gabrielle Pelicci

## Redefining Beauty: A Model's Journey from Starving to Mentor



**Questions to support you:**

**What does Dr. Pelicci say can be devastating for women?**

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**Why did Dr. Pelicci leave the modeling and entertainment industry 20 years ago?**

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**BIO:**

Dr. Gabby is a leading expert on Holistic Medicine, Author of Blissful Business, and TV Host at The Health & Wellness Channel. Dr. Gabby has traveled to 40 countries, worked with thousands of clients – including celebrities and high profile people – and has more than 2000 hours of training in yoga, bodywork, meditation and energy healing. Dr. Gabby is the founder of Women-in-Wellness.com and has more than a decade of teaching experience under her belt at top universities in Mind-Body Medicine and Holistic Health. Her expertise is regularly featured in National and Local Media such as MSNBC, The New York Post, and U.S. News & World.

# **Katana Abbott**

## **Financial Freedom for Fems!**



**Questions to support you:**

**What is the #1 issue with women today?**

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**What is most challenging for women when it comes to money?**

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**If there is one specific thing we can do immediately to shift our prosperity, what is that?**

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**BIO:**

Certified Financial Planner, Katana Abbott, is a Life and Legacy Wealth Coach, contributing author of three books, and the host of Smart Women Talk Radio™ with over a million subscribers worldwide.

Rising from a life of poverty, Katana knows too well the struggles of trying to achieve financial security. At the age of 48, Katana sold her million-dollar financial planning practice to launch Smart Women's Coaching® where she offers private wealth coaching and transformational retreats to Costa Rica and Panama.

Over the last 30 years, Katana has developed a unique approach to helping women create true prosperity and a life they love. She is the founder of the nonprofit, Smart Women's Empowerment, where she just launched a new free course called, *Unlock Your Financial Power: The Key to Health, Wealth and Happiness*.

# Dr. Eric Grasser

## An Ayurvedic Approach to Women's Hormones



### Questions to support you:

**How can women get the most out of their relationship with their doctor?**

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**What makes Functional Medicine uniquely suited for Women's Health?**

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**What makes Ayurveda uniquely suited for Women's Health?**

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**BIO:**

Eric Grasser, MD, CAY is one of the world's foremost experts on the integration of Ayurveda and Functional Medicine. He founded his Integrative Medicine and Ayurveda practice in Santa Fe, New Mexico. He attended Stanford University, Dartmouth Medical School, University of New Mexico Family Practice Residency, and the Ayurvedic Institute, and is a Clinical Assistant Professor at the University of New Mexico. He is Board Certified in Family Medicine, trained in Functional Medicine through the Institute for Functional Medicine, and certified by the Academy of Functional Medicine and Genomics, for which he serves on the Advisory Board. He hosted [The Ayurveda Summit](#) in 2015, the largest ever online Ayurveda event. He is a founding member of [MyAyu](#), an online platform for Ayurveda knowledge, practice, and research. He serves on the Board of Directors of the National Ayurvedic Medical Association. He offers online programs and consultations throughout the world. Learn more at [www.drgrasser.com](http://www.drgrasser.com) and [facebook.com/drgrasser](https://facebook.com/drgrasser).

# DAY 3



# Dr. Peter Osborne

## Pain in the Grain



**Some questions to support you:**

**What is autoimmunity and why are the reports of autoimmune diseases on the rise?**

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**One of the biggest factors associated with longevity has to do with a person's body composition. In his new book, No Grain No Pain, Dr. Osborne discusses the "Gluten Muscle Wasting Cycle." What is the relationship between these two things?**

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## What is the Prescription Pain Medication Trap?

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### **BIO:**

Dr. Peter Osborne is a world renown expert in the field of gluten and grain sensitivity, as well as orthomolecular functional pastoral medicine. He is the author of the highly acclaimed new book, '*No Grain No Pain*,' published by Simon and Schuster, found online and in stores everywhere.

Dr. Osborne is a Doctor of Chiropractic, board certified Clinical Nutritionist and advisor for Functional Medicine University. He is the clinical director of Origins Healthcare in Sugar Land, TX, and is passionate about educating people and helping them heal through root cause resolution.

# Debora Wayne

## Why Do I Still Hurt - Is a Pain-Free Life Possible?



**Questions to support you:**

**How is it you ended up here, in the unique field of energy healing and specializing in pain release? Was this always your goal and career path?**

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**Why is it that some people are so stuck and just can't seem to heal or get rid of their pain or the undesirable patterns in their lives no matter what they try?**

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**Tell us more about your unique method that has helped so many people all over the world to get unstuck and to finally find and remove the hidden reasons that are causing their pain and patterns?**

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**What's possible with your Biofield Healing™ method ? Would you give us some examples of the kinds of things you help people with and what results you've seen?**

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**BIO:**

Debora Wayne, founder of “The Pain Free Living Program™,” is an internationally known energy healer and pain-release specialist whose expertise is helping people to rapidly remove the hidden root cause for Chronic Pain, Depression, Anxiety, Trauma, struggles with food, weight, emotional eating, and more.

Many of Debora's past clients have reported complete and total healing even when nothing else worked! Since her own “health wake-up call” over 30 years ago, Debora has been immersed both personally and professionally in the Healing Arts. Her life's work and programs unite leading-edge science with spiritual healing, and features her revolutionary, non-invasive method known as Biofield Healing™ helping people transform their energy and get their lives back on track.

Debora is the #1 Bestselling Author of "Why Do I Still Hurt? - Rapid Relief for Chronic Pain, Depression, Anxiety, and More". She has earned degrees and certifications in Psychology, Hypnotherapy, & Chemical Dependency Counseling, has 30 + years practicing and teaching the Art of Meditation, is a nationally recognized Fine Artist, a former professional Modern Dancer, a Certified Yoga Instructor, a Reiki Master, Biofield Healing™ Master Practitioner, and Founding Director of the Biofield Healing™ Institute based in Del Mar, California.



# Erin Knight

## No More Migraines - Clearing Your Head



### Questions to support you:

What's the best drug-free way for someone to have fewer migraines?

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What's the most important thing for people with migraines to know?

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### BIO:

Erin Knight helps women who desire natural solutions providing freedom from chronic migraines, so that they can experience a dramatic increase in energy and start participating in life again.  
[www.EngineeringRadiance.com](http://www.EngineeringRadiance.com)

# Jennifer Fugo

## Gluten Free School : Your Hall Pass to Easy Health



### Questions to support you:

**What are the quick basics you need to know to remove gluten from your diet without going nuts?**

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**What are the top 5 things you shouldn't do as you make the transition?**

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**One of the scariest pieces for people is eating out because you've got virtually no control of what's going on in the kitchen. What are some beginner tips to help you stay on track?**

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**BIO:**

Jennifer Fugo, MSc, CHC is a functional clinical nutritionist and the founder of Gluten Free School. She guides women to uncover the missing links underlying ongoing IBS-type digestive issues. And she's a go-to expert on how to transition and live gluten-free with joy as well as teaching gluten-sensitive women simple, savvy and empowering steps to get healthy. Living gluten-free since early 2008 after a gluten sensitivity diagnosis, Jennifer knows what it's like to feel overwhelmed by the cost and seemingly complicated aspects of going gluten-free. A sought-after expert, advocate & speaker about healthy, gluten-free living, Jennifer has been featured on Dr. Oz, Yahoo! News, eHow, CNN, and Philadelphia Magazine. She is also the best-selling author behind the ground-breaking book "The Savvy Gluten-Free Shopper: How to Eat Healthy without Breaking the Bank".

# Heather & Damian Dube

**From Autoimmune Disease to Vibrant Body, Energy and Health**



**Questions to support you:**

**There are countless people struggling with thyroid and autoimmune disease today who feel as if they've lost control of their body and weight. How does this show up in your life right now?**

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**What are some solutions or principles you hear on this interview to help you reverse your own thyroid and autoimmune illness - and weight loss resistance - naturally?**

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**BIO:**

Diagnostic & Functional Nutritionists, Damian and Heather Dubé are the Co-founders of e3 Energy Evolved, a thyroid, adrenal and metabolic restoration system helping women and men create their lifetime-best natural wellness & metabolism.

They discovered their system during their battle to successfully beat Heather's advanced Hashimoto's Thyroiditis, Chronic Fatigue Syndrome & Autoimmune Disease drug-free through nutrition and lifestyle, and transform her body to compete naturally as a US National Level Figure Athlete in 2 years.

With 50 years combined education and experience in nutrition, wellness, psychology, athletics and pharmacy, they are Nutritionists, Athletes, Expert Contributors for Experience Life & OnFitness Magazines and Nutrition Science Peer Reviewers to mass market fat loss brands like TapouT XT.

# Dr. Joan Rosenberg

## A TEDx Speaker Shares the Gifted Wisdom of Unpleasant Feelings



**Questions to support you:**

**If you could narrow it down, what kind of mental or emotional blocks get in the way of women's vitality?**

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**Many women are reluctant to ask for help - how does this get in the way of women's vitality?**

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**You believe that a woman's ability to speak up and assert herself, or speak with ease, plays a role in vitality. How does that work?**

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**I can guess at what harsh self-criticism or all that negative self-talk does; please explain more about that.**

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**BIO:**

Best-selling author, consultant, media host and master clinician, Dr. Joan I. Rosenberg is a cutting-edge psychologist who is known as an innovative thinker and acclaimed speaker and trainer. As a TEDx speaker and member of the Association of Transformational Leaders, she is recognized for her thought leadership and influence in personal development. A California-licensed psychologist, Dr. Rosenberg speaks on how to build confidence, self-esteem, core emotional strength and resilience; emotional, conversational and relational mastery; neuroscience and psychotherapy; and suicide prevention.

Dr. Rosenberg was featured in the critically acclaimed documentaries *I Am*, *The Miracle Mindset*, *Pursuing Happiness*, and *The Hidden Epidemic*. She has been seen on CNN's *American Morning*, the OWN network and PBS, as well as appearances and radio interviews in major metropolitan media markets. She hosts *The MindStream Podcast*, an influential and thought-provoking iTunes podcast. Dr. Rosenberg is the author of the #1 Amazon bestseller *Ease Your Anxiety* and of the forthcoming *90 Seconds to a Life You Love*. She is a blogger for *ThriveGlobal/Medium* and *The Huffington Post*; has penned several articles for professional and trade journals; and is the co-author of *Mean Girls, Meaner Women*.

# Wendy Silvers

## Motherhood as Sacred Activism



**Questions to support you:**

**What is Sacred Activism?**

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**What does it look like to live from and to cultivate an awakened heart?**

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**What can we do to stay grounded in these emotionally turbulent times?**

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**BIO:**

Wendy Silvers is a Truth Teacher, the Awakened Mother and Parents coach, Agape Licensed Practitioner, Author and Sacred Activist as the Founder of the *Million Mamas Movement*. The Million Mamas Movement is an organization devoted to establishing the sanctity of motherhood, the empowerment of women and parents, and, ensuring that all children flourish.

While a successful celebrity publicist creating high visibility for high profile clients and projects, Wendy had an awakening and was guided to shift careers from making people and films famous to coaching mothers and women in recognizing their immense value, grow their businesses and raise confident children. Wendy blogs for Huffington Post, magazines and online sites and is a contributing author to the international best seller, *Balance for Busy Moms*. She is affiliated with the Agape International Spiritual Center as an Agape Spiritual Counselor. She created the programs: *World Peace Begins at Home*, *The Awakened Mother* and *Ignite your Inner Dalai Mama*.

Wendy has shared stages with Michael Beckwith, Marianne Williamson, Panache Desai, Dr. Shefali Tsabary and others. She has a private coaching business based in Los Angeles, where she lives with her husband and amazing teenager.

# DAY 5



# Dr. Véronique Desaulniers

## Healing Breast Cancer Naturally



**Some questions to help you:**

**What are the specific factors that can cause cancer to develop in the body?**

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**What are the 7 essentials for women to be proactive with their health and to help them make informed decisions?**

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2. \_\_\_\_\_
3. \_\_\_\_\_
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6. \_\_\_\_\_
7. \_\_\_\_\_

**BIO:**

**Dr. Véronique Desaulniers, better known as “Dr. V,” has maintained successful practices in the Wellness Field since 1979. Because of her passion for health and wellness, Dr. V undertook extensive studies in various fields of Energy Medicine. Specializing in Chiropractic, Bio-Energetics, Meridian Stress Analysis, Homeopathy, and Digital Thermography, Dr. V brings a unique approach to Health and Wellness.**

**After 30 years in active practice, she decided to “retire” and devote her time sharing her personal, non-toxic healing journey with Breast Cancer. Her years of experience and research have culminated as The 7 Essentials™, a step-by-step coaching program. Dr. V is a #1 best-selling author and has a # 1 Best Selling book on Amazon, Heal Breast Cancer Naturally. Her website and her personal healing journey have touched the lives of thousands of women around the globe.**

# Liana Chaouli

## The Image Therapist - From Drab to Masterpiece - Coming Out of the Closet



**Questions to support you:**

**What is Image Therapy and why is it important?**

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**Is personal Style something we can actually learn?**

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**What are 5 tips on how to bring out the best of who we are in the least amount of time and with what's in our closet right now?**

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5. \_\_\_\_\_

**BIO:**

Liana Chaouli, (pronounced sha-oo-li), is the President and Founder of Image Therapists International Inc. and a globally recognized thought leader , style expert and educator. Ms. Chaouli, provides transformation through the empowerment of wardrobe. She has spent two decades consulting CEOs, celebrities, and political figures on matters of self-image. As the developer of Image Therapy™, she works closely with her clients on their personal and professional presence using analysis, physical appearance, and education to adjust attitudes affecting self-esteem and overall sense of worth. Her clients include Bob Mackie, The Canfield Training Group, IBM, Nordstrom's, Coldwell Banker University, Chico's, and many more.

# Dr. Dan Siegel

## The 9 Domains of Integration for A Healthy Mind



**Questions to support you:**

**Identify how the focus of attention can change the structure of the brain**

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**Explain the relationship between mindful awareness and neural integration**

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**Describe the Wheel of Awareness and how it may promote the integrative growth of the brain and support health**

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**Describe how an integrated relationship promotes the growth of an integrated brain and a healthy mind**

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**BIO:**

Dr. Siegel is a clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA. He is also the Executive Director of the Mindsight Institute which focuses on the development of mindsight, which teaches insight, empathy, and integration in individuals, families and communities.

Dr. Siegel has published extensively for both the professional and lay audiences. His four *New York Times* bestsellers are: *Mind: A Journey to the Heart of Being Human*, *Brainstorm: The Power and Purpose of the Teenage Brain*, and two books with Tina Payne Bryson, Ph.D: *The Whole-Brain Child*, and *No-Drama Discipline*. His other books include: *The Developing Mind (2<sup>nd</sup> Ed.)*, *Mindsight*, *The Mindful Brain*, and *The Mindful Therapist*. Dr. Siegel also serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which contains over fifty textbooks.



# Dr. Maya Shetreat-Klein

## The Dirt Cure: Soil Based Food for Kids & Health



**Questions to support you:**

**In The Dirt Cure, you talk about how we are sanitizing our lives, and that it's leading to significant health problems. How do use of antibiotics, hand sanitizers and bleach impact the health of your terrain?**

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**What are the top foods that can improve the health of our terrain?**

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**When you say that time in nature impacts our health and sense of wellbeing in many ways, can you explain how the microbiome plays into that?**

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**How does being in community with the natural world improve our vitality and sense of wellbeing?**

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**BIO:**

Maya Shetreat-Klein, MD is a neurologist, herbalist, urban farmer, and author of *The Dirt Cure: Healthy Food, Healthy Gut, Happy Child* (Simon and Schuster, 2016), which has been translated into ten languages. She has been featured in the *New York Times*, *The Telegraph*, NPR, Sky News, *The Dr. Oz Show* and many more. Board certified in adult and child neurology as well as pediatrics, Dr. Maya completed the University of Arizona's Fellowship in Integrative Medicine, and now serves on their faculty. She works and studies with indigenous communities and healers in Ecuador. In her book and her practice, she offers an integrative and spiritual approach to allow moving beyond chronic health problems in children and adults. She also founded the Terrain Institute, where she teaches Terrain Medicine™, an earth-based program for transformational healing.

# MEGAN BUER

Harmony Restored: Motherhood, Autism and Emotional Health



Questions to support you:

What are some ideas to heal anxiety and take control back in one's life?

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**BIO:**

As a mother to 3 children, Megan Buer struggled for years with Hashimoto's disease, adrenal fatigue, sugar addiction, food intolerances, panic, and anxiety. She went on a journey of health and discovery – spending over 10 years researching, experimenting, and finally figuring out all the unique tools she needed to naturally heal herself.

Megan shares her knowledge and healing gifts in private practice and online. She is a certified Emotion Code practitioner, Reiki healer, wellness coach, author, and blogger. Megan's mission is to take the fear and overwhelm out of health. She is passionate about simplifying your healing journey, empowering you with the tools needed for health, and get you thriving again!

Megan works with clients remotely full time, educates, speaks, and writes. She is also a part of the health team at Revolution Health Center in Virginia.

# Dr. Nicole Beurkens

Solving Learning, Mood, & Behavior Challenges for Children and Young Adults



Questions to support you:

What are some of the common underlying issues that cause symptoms such as inattention, hyperactivity, anxiety, mood problems, and behavior challenges in children and teens?

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What kinds of non-medication approaches, therapies, and treatments are available to treat these issues?

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BIO:

A unique combination of psychologist, nutritionist, and special education teacher, Dr. Nicole Beurkens, has 20 years of experience supporting children, young adults, and families. She has specialized expertise in evaluating and treating a wide range of learning, mood, and behavior challenges including autism spectrum disorder, ADHD, anxiety, mood disorders, brain injury, and other neurodevelopmental conditions. She holds a doctorate in Clinical Psychology, masters degrees in Special Education and Nutrition, and is a Board Certified Nutrition Specialist.

Dr. Nicole is the Founder and Director of Horizons Developmental Resource Center in Grand Rapids, Michigan, where she leads a multidisciplinary team dedicated to exceptional evaluation and integrative treatment services, research on innovative treatment protocols, and professional training on best practices. She is a best-selling author, award-winning therapist, and published researcher. When she isn't working, Dr. Nicole enjoys spending time with her husband and four children. She is dedicated to empowering parents with knowledge and strategies to help children reach their greatest potential. [www.HorizonsDRC.com](http://www.HorizonsDRC.com)

# Niki Gratrix

## The Role of Emotional Trauma on Health Across a Lifetime



**Questions to support you:**

**How prevalent is Emotional Trauma as a cause of illness today?**

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**What are the mechanisms – how does trauma change our biology leading to illness?**

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**What are the steps to resolving emotional trauma for health?**

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**BIO:**

Niki is an award-winning nutritionist, mind-body expert, and health writer helping people to optimize energy. In 2005 she co-founded one of the largest mind-body clinics in integrative medicine in the UK with patients in 35 countries where she worked as Director of Nutrition until 2010. The clinic specialized in treating Chronic Fatigue Syndrome/ME, won the award for Outstanding Practice in 2009, and later published a preliminary study in 2012 on its results with patients in the British Medical Journal Open.

In August 2015 she hosted the largest ever free online health summit on overcoming fatigue interviewing 29 world leading experts on optimising energy with over 30,000 attendees. See more at [The AbundantEnergySummit](#). She writes regularly for a range of health magazines in both the UK and the US and speaks internationally at health conferences and has appeared on both radio and TV shows.



# DAY 6



# Rachel Holmes

## Fun, Funky Movement - Exercise to Restore Booty and Beauty



### Questions to support you:

**What are some good ways to incorporate exercise into your lifestyle right now?**

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**Why is including fitness important?**

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### **BIO:**

Rachel Holmes is Fitness And Wellness Presenter and Educator with 30 years experience based in the UK. Creator of the Kick Start - A Nutrition and Lifestyle Franchise with 100 clubs and classes in the UK and Ireland, KSFL Online Health Coaching, The Brainfit Workout™ and The Fitness Pilates Certification. Rachel has created Group Exercise Programmes For Virgin Health Clubs, training 1000's of Instructors around the world. She is author of the book Kick Start The Revolution. Speaker and Organises monthly events and workshops.

# **Dr. Ritamarie Loscalzo**

## **Creating Vibrant Health One Bite At A Time**



### **Questions to support you:**

**What are some of the ways people can become proactive about their health?**

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**How much influence does a person's Genentech have on their health?**

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**What are two examples of dramatic shifts in people's health created by a shift in diet and lifestyle?**

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**BIO:**

Dr. Ritamarie Loscalzo is passionately committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential. She founded the Institute of Nutritional Endocrinology so that she could be instrumental in transforming our current broken disease-management system into a true health care system where each and every practitioner is skilled at finding the root cause of health challenges. Dr. Ritamarie specializes in using the wisdom of nature married with modern scientific research restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition professionals, including health coaches, physicians, nutritionists, nurses and others to use functional assessments and natural therapeutics to unravel the mystery of their clients' complex health challenges, so they become known as go-to practitioners for true healing and lasting results.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certification in Acupuncture and is a Diplomat of the American Clinical Nutrition Board. She is a Certified Clinical Nutritionist with a Master of Science in Human Nutrition and Computer Science, and she has completed a 500 hour Herbal Medicine Certification Program. Dr. Ritamarie is also certified as living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine. As a certified HeartMath® provider, Dr. Ritamarie is passionate about using HeartMath® stress transformation techniques to guide clients to reduce the negative impact of stress on their health. Her passion for health and healing began as a result of her own bout with illness. After recovering her health by changing what she put in her mouth and how she lived her life, Dr. Ritamarie began her formal training in nutrition and natural medicine in 1985.

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# Robin Nielsen

You've Got The Magic - Aging Backwards



**Some questions to support you:**

**What are some of the ways Robin says can bring vitality and youth back into your life?**

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**BIO:**

Robin Nielsen is an integrative Certified Nutrition Consultant, Board Certified in Holistic Nutrition She specializes in helping women find hormone balance from puberty to menopause, to live their most fabulous lives. She is founder of Juvenescence, LLC, the highly successful Get Your Groove On!, corporate and community wellness program, is co-creator of Sexy Younger You!, and is CEO and Chief Wellness Officer for Insulite Health [pcos.com](http://pcos.com), supporting women with PCOS and its devastating symptoms, to transform their lives. Robin is past president of the National Association of Women Business Owners, Silicon Valley Chapter, and past president of the National Association of Nutrition Professionals. She has been featured on the CBS television program Eye on the Bay CBS showcasing her life changing women's retreats. Robin has been married 33+ years to her hot sexy lover, has two grown sons and is passionate about helping women and couples thrive.

# Dr. Robyn Benson



**What are some natural solutions for reversing chronic pain, stress and fatigue?**

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**What are the ingredients for healthy aging and hormonal balance?**

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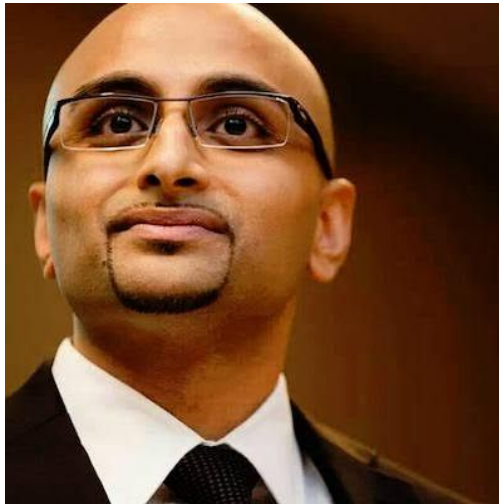
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**BIO:**

Dr. Robyn Benson is a pioneer of the Self-Care Revolution, which aims to transform lives and health-care, one person at a time. This mission has been fueled by lessons she's learned and the wisdom and insights she's GAINED on her transformational journey as a doctor of Oriental medicine, including travel to more than 70 countries. For the past 24 years, she's applied her considerable knowledge of acupuncture, herbs, IV therapies and leading-edge energy medicine to help patients achieve optimal, radiant and sustainable health. In 2005, Dr. Robyn founded Santa Fe Soul, an innovative healthcare center which now has a staff of 25 practitioners. A mother, adventure enthusiast, world traveler, author and speaker, Dr. Robyn brings a decidedly holistic approach to 21st-Century healthcare.

# Sachin Patel

**The Doctor of the Future...is YOU!**



**Questions to support you:**

**Can you explain the Living Proof Method and how it might be different or complimentary to what people listening are doing?**

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**What are the six pillars and how do we quantify them. How are they related to hormones?**

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**What are the 3 golden rules for you when you work with patients?**

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**What are some of the common blindspots that you see with patients?**

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**BIO:**

Dr. Sachin Patel is the proud husband, father, and founder of The Living Proof Institute and Practice Development mentor. His philosophy is that the patient is the doctor the future and that nothing can heal the patient better than they can heal themselves. Working with thousands of patients, Dr. Patel now trains functional medicine practitioners all over North America on how to help patients heal themselves one community at a time.



# **Dr. Shawn Tassone**

## **Spiritual Pregnancy and Reversing Hormone Imbalances Naturally**



**Questions to support you:**

**How is pregnancy like a hero's journey?**

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**How can women bond with their baby before birth?**

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**What is your holistic approach to Hormonal balance?**

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## BIO

Shawn Tassone, MD PhD is a double boarded physician in Obstetrics and Gynecology and the American Board of Integrative Medicine. He is a practicing OBGYN, author, speaker, and patient advocate. Dr. Tassone is the author of two books *Spiritual Pregnancy: Develop, Nurture & Embrace the Journey to Motherhood* (Llewellyn Publications, 2014) and *Hands Off My Belly! The Pregnant Women's Guide to Surviving, Myths, Mothers, and Moods* (Prometheus, 2009). He has written and published extensively on topics of spirituality in medical care and he is an advocate for whole foods to heal the human body. He is an instructor in integrative medicine at Arizona State University and he has been on the faculty at the University of Arizona and the University of Oklahoma Health Sciences Center teaching residents and medical students. His belief is that the human body was made to heal itself and that the medical model should involve more patient-centered care with an active patient and a passive healer. He has written for *Psychology Today* and was the content editor for *About.com Women's Healthpage*.

He currently practices in Austin, TX in an OBGYN practice where he can instruct his patients on the usage of natural therapies as well as those traditionally accepted. His main belief is that we should have an ACTIVE patient with a PASSIVE physician, meaning we need to learn how to care for ourselves by learning as much as we can about our bodies and health.

# Dr. Susanne Bennett

## Power up Your Mitochondria for More Energy!



**Some questions to support you:**

**How do mitochondria get damaged and why is this so significant to health and energy levels?**

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**How do we enhance mitochondrial health from a big picture perspective?**

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**How about from a lifestyle perspective?**

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**BIO:**

Dr. Susanne Bennett is an internationally recognized natural and integrative medicine expert with over 28 years of clinical experience in the fields of allergies, clinical nutrition, methylgenetics and anti-aging medicine. She is the author of #1 International Best Seller, [\*Mighty Mito- Power Up Your Mitochondria for Boundless Energy, Laser Sharp Mental Focus and a Powerful Vibrant Body\*](#), and [\*The 7 Day Allergy Makeover\*](#).

Dr. Susanne is the talk show host of “Wellness For Life” on [\*RadioMD\*](#) and [\*iHeart Radio\*](#), and is devoted to sharing the best health strategies and providing easy to implement tips to improve your life and start feeling better today, the all-natural way.

Dr. Susanne is also the CEO and Founder of [\*PURIGENEX\*](#), a skin care company dedicated to creating non-invasive products and cutting edge formulations to help prevent premature skin aging, rejuvenate and restore optimal skin health. Her philosophy is that “healthy skin leads to better health.”

For more information on Dr. Susanne, please visit her website at [\*drsusanne.com\*](http://drsusanne.com).

# DAY 7



# Connie Zack

## The Wonder of Far Infrared Sauna in Reclaiming Vitality



**Some questions to support you:**

**What efforts can make for a healthy work/life balance?**

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**Is there a certain sauna protocol to follow when taking a session?**

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**BIO:**

Connie Zack, co-owner and Chief Sales Officer of Sunlighten Inc., founded the business in a basement in 1999. Prior to Sunlighten, Connie held various sales and management positions at Procter & Gamble. In 2006, Connie was recognized as a Women Who Mean Business honoree, Top 25 highest ranked women, by the Kansas City Business Journal. Connie was also highlighted in the 2009 Celebration of Women by the Women's Foundation of Kansas City.

Sunlighten has been recognized by Entrepreneur Magazine Hot 100 three years consecutively, and Inc 500 America's Fastest Growing Companies in 2006. Additionally, Sunlighten received the Ewing Marion Kauffman (Mr. K) Award in 2008 and has been featured on the Oprah Winfrey Show and Dr. Oz.

In February 2008, Connie opened Sunlight Day Spa, located at Sunlighten's™ headquarters, to the public. Sunlight Day Spa's focus is on holistic healing, with services revolving around rejuvenation and detoxification to help promote healthy living.



# Summer Bock

## Better Belly - Fermentation and Gut Health!



### Questions to support you:

**How do fermented foods fit into the healing journey?**

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**What fermented foods are recommended for people to try?**

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### **BIO:**

Summer Bock is a Fermentationist and founder of Guts & Glory, an online company dedicated to providing clients with the knowledge and actionable skills to heal their digestive issues naturally. Her practice is based on the premise that good health starts in the gut. She is a trained herbalist with a background in microbiology and is certified by Columbia University in Integrative Nutrition. Her online group programs have a reputation for having a highly engaging and fun community atmosphere. Amidst the abundant and often conflicting health info out there, you need to be informed to make good decisions so you can become stronger and more energetic. Summer is a master at 'the why' behind making changes in your diet and lifestyle. Whether you take her Probiotic Power Cleanse, Gut Rebuilding, or



the Fermentationist Certification Program, you'll enjoy making gut healing accessible while clearing up the confusion about probiotics and fermented foods.

# Susan Levin

## Autism - A Natural Approach to Unlocking Your Child



### Questions to support you:

**What are some of the programs Susan offers moms facing autism and other special needs?**

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**What is Susan's Autism Mom's Self-Care System™?**

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**Why is community so critical for mothers of children with special needs?**

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**BIO:**

Susan Levin is an Author, Nutrition Consultant, and the mother of a child who recovered from autism. A Harvard graduate and native New Yorker, Susan explored careers in law and design before unexpectedly discovering that her passion lay in her family when her toddler was diagnosed with autism, and she changed her life to help him. Susan is the founder and CEO of Unlock Your Child, a community of families affected by autism and ADHD. She continues to embrace her passion by writing, lecturing, coaching families, and offering online programs. Her newest program, *The Autism Mom's Self-Care Workshop*, will be launching in February 2017.

# Sherry Strong

## The Sweet Freedom Vitality Solution



**When Sherry started to work with clients, what patterns did she start to notice and how did it change how she worked with those people?**

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**What is the food philosophical approach and why is it more effective than a 'diet approach'?**

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**What is Nature's Principle and how does that help people end nutritional confusion?**

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**BIO:**

Sherry Strong is the author of 'Return to Food - the life-changing anti-diet', founder of the Return to Food Academy and Sweet Freedom Project. As an award winning chef, nutritionist and food philosopher she became the Victorian Chair of Nutrition Australia, Melbourne President of Slow Food, Curator and Co-Founder of the World Wellness Project. Sherry has been featured on numerous television shows internationally with over 24 years in the business of helping people develop a healthier relationship with food, their body and the planet. Her most recent passion project is the Sweet Freedom Summit and 8 Week Online Program, helping people end sugar addiction for good.

# **Dr. Shiroko Sokitch**

## **Chinese Medicine and The Modern Woman**



**Questions to support you:**

**How does Chinese medicine help un understand women's vitality?**

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**What do Yin and Yang tell us about our energies?**

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**What is one of the feelings that women especially need to be empowered to feel?**

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**BIO:**

Shiroko Sokitch, MD is a doctor who cares about you! Her mission is to help you heal and regain the health and vitality you deserve when no one else has found the answers. She does this by using a unique blend of Chinese and Western medicine to help you learn to listen to your body, and find out what works for you. Trained in general surgery, and working as an Emergency room Doctor for 10 years while attending acupuncture school, gave Dr. Shiroko a broad range of medical experience. In addition to practicing integrative medicine for 23 years, she hosted a public access TV show, Perspectives on Healing, for two years, has had a Sonoma County news column for 15 years, and is writing her second book-7 Keys to Accelerated Healing - which will be out in the next year. The owner of Heart to Heart Medical Center in Santa Rosa, California, since 1993, Dr. Shiroko is an expert at using many modalities to bring your body to balance and wholeness. She specializes in: acupuncture, chronic illness, pain treatment, hormone balancing, bio-identical hormones, digestive problems, and brain chemistry balancing.

# Dr. Stephanie Davis

## Davis: The Skin You're In: Understanding the Gut-Immune-Skin Connection



### Questions to support you:

**How are the gut, immune system, and skin connected? Why is it important to address all of these?**

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**What are the common warning signs that something is off?**

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**What type of approach should you take to restoring vitality and balance in body?**

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**BIO:**

Dr. Stephanie Davis, DC is a Functional Medicine practitioner, Research Director for Living Matrix, speaker, and mother. Dr. Davis specializes in healing eczema by identifying the root causes of this autoimmune condition. She believes truly healing the skin comes from an inside-out approach, not just treating the surface. After years of treating gut and autoimmune conditions, she saw that eczema frequently occurs with them and needs to be addressed given its significant impact on the patient's lives. Her goal with every patient is vibrant health inside and out.

# Wendy Meyers

## How to Heal and Detox your Thyroid Naturally



**Questions to support you:**

**Why do we need to detox the thyroid?**

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**What metals interfere in thyroid functioning?**

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**What chemicals interfere in thyroid functioning?**

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**BIO:**

**Wendy Myers, FDN, is the founder of Liveto110.com and MineralPower.com. She is a functional diagnostic nutritionist in Los Angeles, Ca. She attended the Institute for Integrative Nutrition in New York and has a degree in Entrepreneurship from the University of Southern California. She uses Hair Mineral Analysis and other functional medical tests to design custom Mineral Power programs. This is an individualized targeted nutrient therapy program to facilitate toxic metal and chemical detox, heal the adrenals and thyroid, regain energy and brain function and reverse and prevent disease.**