

Kathy Gruver, PhD, LMT

Natural Health Speaker, Author, Educator and Practitioner

Dr. Gruver is the new voice of natural health and wellness

Personal life experience and formal education combine to bring a fresh and innovative opinion on health. Fun, fit and quick-witted, Gruver tells it like it is in her balanced approach to combining Western and Alternative ways. Always energetic and entertaining, Gruver will add, not only factual information but also a spark of life to any workshop, retreat, lecture or panel discussion.



- TV Host with years of on-camera and live audience experience
- Multiple award-winning author
- PhD in natural health
- Studied Mind/Body Medicine at Harvard
- Frequent guest on radio, TV and print
- Practitioner of over 25 years with an award-winning practice

Author of:

- The Award Winning, **The Alternative Medicine Cabinet**
- Body/Mind Therapies for the Bodyworker**
- The Award Winning, **Conquer your Stress w Mind/Body Techniques**
- Journey of Healing and Market My Practice**

Topics include:

- Stress Management
- Corporate Wellness
- Mind/Body Medicine
- Navigating Nutrition
- Women's Health
- Lifestyle Medicine
- Work/Life Balance
- Pain Management
- Marketing for practitioners

"Kathy is a breath of fresh air! Our employees begged us to get her back." Raytheon Corp.

"Dr. Gruver not only met my expectations, she exceeded them. She truly saved lives."
Florida Adult Protective Services

"Thank you for your presentation on stress – I think I could have spent the entire conference listening solely to your wisdom on this topic." L Marz, DeKalb Police Department

"Factual, informative and wildly entertaining; thought-provoking, yet simple; charismatic Gruver is on a roll with a unique approach to current trends in Mind-Body Medicine." Santa Barbara Yacht Club

"Dr. Gruver has the rare ability to weave animated anecdotes from her own life history and current practice, solid scientific research, and all with a large helping of humor." Antioch University

"She entertains and educates and is a phenomenal speaker providing her audience with many ah-ha moments about their life and health." Santa Barbara Chapter NAWBO



Past Clients Include:

- *American Heart Association
- *Scleroderma Foundation
- *Arthritis Foundation
- *Florida Adult Protective Services
- *APCO and NENA 911 Dispatchers
- *CA Head Start Programs/Assistees
- *Raytheon Corporation
- *NAWBO
- *Assoc. of Women in Communication
- *Santa Barbara Intl Women's Festival
- *Women of the Green Generation
- *Antioch University
- *Multiple TV and Radio Appearances

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