



Empowering and Motivating You to Succeed!

Dr. Kathy Gruver, PhD, LMT, RM's Profile

Travels from California, US



Dr. Kathy Gruver is the host of the new national TV series, *The Alternative Medicine Cabinet*. But, her natural health career started, unknowingly, at the young age of 6 when she would massage her dad's neck on long car trips and read his college biology textbook for fun. Years later watching him care for her dying mother sparked even more interest in alternative medicine and helping others heal. With a background in theatre and bad fast food, Dr. Gruver overcame her addiction to caffeine, artificial sweetener and meals that were eaten in the car. Now, 24 years after her mother died of cancer and 10 since her last drink of soda, Kathy makes it a point to help others navigate the sometimes-confusing world of nutrition, natural health and mind/body medicine. With people remarking that she looks 10 years younger than she is, Kathy combines moderation, exercise, strong will and common sense to proudly say that she is "youthing."

Dr. Gruver has earned her PhD in Natural Health. She is a medical massage therapist and hypnotherapist. She has studied mind-body medicine at the famed Benson-Henry Institute for Mind-Body Medicine at Harvard Medical School and pursued further education at The National Institutes of Health. She is a natural health practitioner with over two decades of experience and is the recipient of the NAWBO Spirit of Entrepreneurship Award.

Dr Gruver has appeared in scores of magazine articles about health and wellness including *Glamour*, *Fitness*, *Time*, *More*, *Women*, *Wall Street Journal*, *CNN*, *WebMD*, *Prevention*, *Huffington Post*, *Yahoo.com*, *Ladies Home Journal*, *Women*, *Massage and Bodyworks Magazine*, and *Massage Magazine*. She has lectured internationally on health and wellness.

She has appeared on hundreds of radio and TV shows including *NPR*, *SkyNews London*, *Morning Blend in Las Vegas*, *CBS Radio*, and *Lifetime Television*. As a former actor with decades of theatre experience, Kathy has an ease in front of groups and conveys information in a fun and down to earth manner. Her lectures are not only inspiring and education, but entertaining as well.

She has authored the book *The Alternative Medicine Cabinet* (Winner of the Beverly Hills Book Awards, finalist for the Indy Excellence Awards) *Body/Mind Therapies for the Bodyworker* and, *Conquer Your Stress with Mind/Body Techniques* (Winner Indie Excellence Awards, Beverly Hills Book Awards, Global E-book Awards, Irwin Awards, Finalist for the USA Best Books Award). Her latest book *Journey of Healing* will be released this summer.

Specialties: Alternative Medicine, Lifestyle Medicine, Mind-Body Techniques, Stress, Work/Life Balance, Nutrition, Women's Health, Teen Health.

Wellness for the Over-Worked Woman

We're living in a time when women are told they can do it all...and we try. Learn about better nutrition choices, weight loss strategy and ways to boost energy. We can do it all; we just might need to add some tools to our tool chest.

You'll learn:

- -Nutritional choices to increase energy and ward off afternoon tiredness
- -Ways to fit in fitness
- -Stress busting tips like mini-meditations to keep you sane during your workday
- -Weight loss, depression and sleep secrets to enhance your life.

And it's good for men too.

Please Call for Fees

Testimonial:

Kathy is a breath of fresh air! She grabs your attention and is energetic, fun and has a great sense of humor. Kathy was so popular at our Women's History Month event our employees begged us to get her back. Her instruction on stress relief really gives a busy, multitasking employee practical advice and tools. After both events, we still haven't had enough and hope to get Kathy back on another topic!

~ Erin Coon, Raytheon Women's Network
President.

For Further Information or to Book
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