



Kathy Gruver, PhD, LMT

Natural Health Speaker, Author, Educator and Practitioner

With over 20 years of natural health experience, Kathy shares her knowledge of wellness and alternative medicine with ease and grace. From a Hollywood acting career to an addiction to soda and fast food to watching her mother die of cancer, Dr. Gruver's combination of formal learning and life experience is the perfect combination to educate and inspire others.

Author of:

-*The Alternative Medicine Cabinet*
-*Body/Mind Therapies for the Bodyworker*

Topics include:

Stress Management and Mind/Body Medicine, Navigating Nutrition, Women's Health, Lifestyle Medicine and Practical Weight Loss, Natural Solutions for Depression, Pain Mgmt and Alternative Therapies for Chronic Disease.

Testimonials

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. *Erin Coon, Raytheon Corp.*

Dr. Gruver not only met my expectations but exceeded them. The hit of our retreat, she truly saved lives. *Human Services Program Specialist, Adult Protective Services*

Easily one of the finest speakers on the natural health circuit, someone to watch with eager anticipation. *President, Mediral Homeopathics*

Factual, informative and wildly entertaining; Thought-provoking, yet simple; charismatic Kathy Gruver is on a roll with a unique approach to current trends in Mind-Body Medicine. A speaker you must experience!! *Programs Director, 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. Hers is a presentation not to be missed! *Professor, Antioch University*

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

Past Clients Include:

~Guest on Lifetime Television	~Raytheon Corporation
~American Heart Association	~NAWBO
~Scleroderma Foundation	~Assoc. of Women in Communication
~Arthritis Foundation	~Santa Barbara Intl Women's Festival
~Florida Adult Protective Services	~Women of the Green Generation
~Oasis Television Media	~Antioch University

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