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Speaking Topics:

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

Website:

Dr.KathyGruver.com

Travels From:

CA

Fee: \$2500 - \$10000 plus expenses

Notes on Fees: BMG Speaker's actual fee falls within the range noted. Speaker fees are subject to change without notice. For an exact quote, please contact Danielle Lynn at 855-352-9347 ext. 703

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Dr. Kathy Gruver

Dr. Kathy Gruver is an award-winning author, sought after speaker, educator and trapeze artist.

The perfect combination of formal learning and hands on experience, Gruver delights and educates audiences in her signature style of combining personal experiences, case studies and humor.

Dr Gruver has had the privilege of sharing her message of health and healing with millions of people around the world. From international radio and TV to print and internet articles to hosting her own TV series, Gruver loves sharing her knowledge in a fun and down to earth manner. As a former actor she knows how to engage her audience to keep them interested, inspired and going home with the tools to make changes in their lives.

{tab=FULL BIO} **Corporate Speaking Bio**



Kathy Gruver is an award-winning author, speaker, guest expert and educator. She has earned her PhD in Natural Health and has authored multiple books with another on the way.

- The Alternative Medicine Cabinet (winner Beverly Hills Book Awards)
- Body/Mind Therapies for the Bodyworker
- Market My Practice 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)

She has studied mind/body medicine at the famed Benson-Henry Institute for Mind-Body Medicine at Harvard Medical School and has been featured as an expert in numerous publications including Glamour, Fitness, Time, More, Women, Wall Street Journal, CNN, WebMD, Prevention, People, Huffington Post, Yahoo.com, Ladies Home Journal, Women, and Massage and Bodyworks Magazine. She has written dozens of health and wellness articles and contributing posts.

Dr. Gruver has appeared as a guest expert on over 250 radio and TV shows including NPR, SkyNews London, Morning Blend in Las Vegas, CBS Radio, and Lifetime Television, and has done over 150 educational lectures around the country. For fun and stress relief Dr. Gruver does flying trapeze and hip hop dance. She was privileged to be featured on a billboard in NYC's Times Square.

Kathy maintains a massage and hypnotherapy practice in Santa Barbara, Calif. She has also produced an instructional massage DVD, Therapeutic Massage at Home; Learn to Rub People the RIGHT Way™ and is a practitioner with over 20 years of experience. Her award-winning book, The Alternative Medicine Cabinet was turned into a national talk show. More information can be found at www.thealternativemedicinecabinet.com.

{tab=AUDIO/VIDEO}

{tab=BOOKS}

Topics:

Stress vs. Relaxation, The Body's Battle for Health

It is estimated that 60-80% of doctor's visits are for stress-related illness. But we have to remember its not so much the stress that's the problem; it's our reaction to the stress. Learn ways to change your thoughts and words and call upon the Relaxation Response for ultimate healing.

- A history of the stress response and what deleterious effects it can have on our body
- How we can use techniques like meditation, affirmations and cognitive restructuring to

evoke the relaxation response and reverse the negative effects of stress like heart disease, high blood pressure and premature aging.

- Easy to learn techniques that will enhance health and decrease stress and crazy-making.
- Hear about the current studies from leading universities about the stress response, placebo effect and alternative healing techniques



Mind-Body Techniques

We know stress is a killer in our society. Using mind-body techniques to change our reaction to our stressors can mean the difference between health and illness. This is a participatory workshop where you will walk away with practical knowledge about today's most popular mind/body techniques and the research to support them.

- Don't think you can meditate? Easy to use mini-meditations can change your life.
- Plagued by repetitive thoughts? Cognitive restructuring can help reframe that negativity.

Working with simple things like affirmations and visualization can change your life for the better and keep you from getting sick. **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.

A History of Healing: Water Through the Ages

Water is not only our most precious resource, it's been prescribed since the beginning of humankind as a healing modality. Learn why Hippocrates recommended this amazing, versatile healing technique and how we can use it in the 21st Century to heal ourselves.

- A history of how water became one of the most important healing modalities of all times
- How to use water, not only by drinking more to enhance your health and wellbeing
- The emotional and spiritual aspect of water and it's uses in your life today

Change Your Mind to Change Your Body

With humans having an estimated 60,000 thoughts a day and 50,000 potentially negative, its no wonder we are experiencing more and more illness. Learn how what you are saying to and about yourself affects your health. And discover cutting edge strategies for simple change.

- Examining how our words and thoughts affect our health
- Seeing a clear connection of how our emotions are revealed in our bodies and what we can do to live a more healthy balanced life.
- Learn simple affirmations and visualizations to change those negative thoughts to positive ones.

Stress Relief for Teens

Teens are faced with so much pressure, it's hard to escape the stress. This fun lecture helps them navigate a world of nutrition, stress, sleeplessness and partying.

- Healthy nutrition tips to avoid weight gain and increase energy
- Easy stress-busting tips to make exams and peer pressure easier to handle

Navigating Nutrition: What to Add and Subtract for Better Health Nutrition can be tricky.

How do you know what to believe? Every time you turn around there is a different health fad and study being revealed. Dr. Gruver clears up the misconceptions about food and shares the recent trends and facts about what you should add and subtract from your life.

- Learn what foods to eliminate from your diet for better health and weight loss
- Examine what supplements can do for the body, if we really need them and what we should be taking daily
- Uncover the hidden dangers in food and what we should be looking for on our food labels
- See how our food and drink might be contributing to the growing epidemics of obesity, diabetes and cancer

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