

Kathy Gruver, PhD, LMT, CHt

Motivational Health Speaker, Award-Winning Author, Educator

Dr. Gruver is the prevailing voice of health and wellness

Ready to be inspired? Personal life experiences and formal education combine to bring a fresh and innovative opinion on health. Fun, fit and quick-witted, Dr. Gruver tells it like it is in her balanced approach to combining Western and Alternative ways. Always energetic and entertaining, Dr. Gruver adds, practical information and a spark of life to any keynote, workshop, retreat, lecture or panel discussion.

- TV Host with years of on-camera & live audience experience
- Studied Mind/Body Medicine at Harvard
- Guest on hundreds of radio & TV shows
- Practitioner of over 25 years with an award-winning practice



Award-Winning Author of:

- The Alternative Medicine Cabinet*
- Conquer your Stress*
- Journey of Healing*
- Body/Mind Therapies for the Bodyworker*
- Market My Practice*



Topics include:

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

"Our employees begged us to get her back." Raytheon Corp.

"Not only met my expectations, she exceeded them. She truly saved lives." FL Adult Protective Services

"I could have spent the entire conference listening solely to your wisdom on this topic." 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." National Association of Women Business Owners



- *American Heart Association
- *Scleroderma Foundation
- *Arthritis Foundation
- *Florida Adult Protective Services
- *APCO and NENA 911 Dispatchers
- *CA Head Start Programs

- *Raytheon Corporation
- *NOSHCON
- *NAWBO
- *Assoc. of Women in Communication
- *Santa Barbara Intl Women's Festival
- *Institute of Management Accountants
- *Antioch University

www.KathyGruver.com
805-680-1984 drkathygruver@gmail.com

