

Kathy Gruver, PhD, LMT

Natural Health Author, Speaker, 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 the Western and Alternative views. Always energetic Gruver will add not only factual information but also a spark of life to any interview.

- Television Host with years of on-camera experience
- Award-winning author
- PhD in natural health and pursues hours of CMEs every year
- Studied mind/body medicine at Harvard
- Frequent guest on radio, TV and in print
- Practitioner of over 20 years with an award-winning practice



Author of:

- *The AWARD-WINNING *The Alternative Medicine Cabinet*
- **Body/Mind Therapies for the Bodyworker*
- **Conquer your Stress with Mind/Body Techniques*,
FINALIST-USA Best Book Awards

Topics include:

- Stress Management
- Mind/Body Medicine
- Nutrition/GMOs/HFCS
- Women's Health
- Lifestyle Medicine
- Pain Management
- Massage/Bodywork
- Reiki

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

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

"Easily one of the **finest speakers** on the natural health circuit." Mediral Homeopathics

"**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.**" SB women's events

"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



Media appearances include:



- *Lifetime Television
- *Host on Oasis Television Media
- *NPR
- *CBS Radio and CBS Local NY
- *Discover Magazine
- *Glamour
- *AOL.com and Yahoo.com

- *Prevention Magazine
- *Massage and Bodyworks Magazine
- *Massage Magazine
- *Ladies Home Journal, Fox News
- *First for Women Magazine
- *Men's Health, Huffington Post
- *Over 200 radio interviews

PR Contact: Flo Selfman
323-653-4555/floself@aol.com

www.theAlternativeMedicineCabinet.com

DrKathyGruver@gmail.com

805-680-1984