

CHOOSE HEALTH!

EXTRAORDINARY THINGS WILL HAPPEN

With electrifying energy and passion, Dr. Ann brilliantly transforms the compelling body of new science as it relates to nutrition, healthy living, and disease prevention into programs that are simple, fun, delicious and ultrapractical. Your audience will be wowed by her knowledge and enthusiasm, but most importantly, *everyone* will walk away with take-action-today inspiration and a crystal clear plan for living their healthiest life.

Speaker Video

www.DrAnnWellness.com



A Doctor Takes the Stage



As a **physician, best-selling author, and motivational speaker**, Dr. Ann Kulze, is on a personal crusade to share the joys of healthy living with as many people as possible. She is a **renowned authority in the areas of nutrition, healthy lifestyles, and disease prevention**. As a gifted teacher with exhilarating energy and passion, Dr. Ann transforms all the “new science” of healthy living into programs that are simple, easy, and fun!

With her unique background and formal training in both nutrition and medicine, along with her extensive “hands on” experience as a wife, mother of four, and trusted family physician, Dr. Ann has distinguished herself as a one-of-a-kind “real world” nutrition and wellness expert. Growing up in a family with a **rich heritage in science and medicine**, Dr. Ann developed an interest in wellness and specifically nutrition at an early age. Following her passion, she attended Clemson University and graduated with honors with a degree in Food Science and Human Nutrition. She received her medical degree from the Medical University of South Carolina, where she received numerous academic awards and graduated as the **Valedictorian** of her class. Following her professional training, she worked as a family physician for 14 years and ultimately retired from her clinical practice in 2002 to devote her professional life solely to wellness promotion.

Dr. Ann is the **founder and CEO of The Healthy Living School®**, an online school committed to providing high quality, user-friendly educational programs. She is a highly sought motivational speaker and has **delivered over 300 inspirational speeches, including many keynotes**. Dr. Ann has also authored six books on health and wellness, including the award-winning, best-selling Eat Right for Life® series (WELCOA).

A Doctor Takes the Stage

Hundreds of North American businesses and organizations, including some of the country's leading medical centers, have used her books to guide their employees and members to better health.

Dr. Ann has been featured in many national media outlets including the **Dr. Oz show, Oprah and Friends Radio, Time Magazine, USA Weekend, NPR, WebMD, CNN Radio, Prevention Magazine**, among many others. She was the national spokesperson for Ruby Tuesday's SMART EATING initiative and was a regular guest on the Midwest's WBCL's mid-morning program.

When she is not writing, researching, or motivating others through her public or corporate speaking engagements, **Dr. Ann lives her wellness message**, enjoying swimming, running, kayaking, cooking, and spending time with her wonderful family.

Dr. Ann lives with her husband and four children in her native Charleston, SC. In recent years, she has served on the Medical Advisory Boards of the Wellness Council of America (WELCOA) and the Prevent Cancer Foundation, the Board of Directors for the Lowcountry Open Land Trust, and the Charleston County School District's School Health and Wellness Committee. She is a recipient of the Prevent Cancer Foundation's Champion Seal and an Aspen Institute Liberty Fellow.





Dr. Ann Empowers

“That was probably the best presentation, of any sort, that I have ever heard. Dr. Ann is absolutely amazing. To be able to say so much for 2 hours and keep every single second of it interesting is almost impossible to imagine —and yet that’s exactly what she did. Thank you for bringing her here.”

-William P., Senior Copy Editor, The Heritage Foundation

“Dr. Ann could easily have done a general session. She was riveting and non-stop energy!”

“Dr. Ann Kulze was one of the best speakers I have heard in a long time. She was extremely knowledgeable, had the class engaged and provided valuable information. There were several attendees, including myself, that stayed after the class to ask her more questions. Dr. Kulze was excellent, thank you!”

“She was terrific and a great speaker to have on a morning after a big event. She was truly passionate about her subject.”

“Topic was enthralling and I think the whole group could have stayed longer to hear more. This was a great session- like being at a taping of the Dr. Oz show!”

“We should secure her again for a future FICP meeting...” “Please bring Dr Ann back.”

- Attendees of the 2012 FICP Education Forum

“Dr. Ann delivered a passionate, informative, and entertaining talk to our members. She is the unique combination of solid research, enthusiasm, and sincerity. To have one of the leading authorities on healthy living address our group was a privilege. Our organization and its affiliates will definitely have her back. Dr. Ann is the real deal!”

-David Alarid, Investment Executive and Financial Advisor of Securian Financial Services, Inc.

“The audience was absolutely inspired by your presentation - I have never heard such consistent and enthusiastic response from an audience before around a keynote address for an event that I have planned.”

- Lindsay Conn, Executive Director, Alliance for Workplace Excellence

“Dr. Ann energizes her audience and really gets them excited about wellness. I have read many books and heard many experts talk about nutrition and exercise over the years and she is by far the most inspiring speaker I have ever heard.”

- Steven C. Cole, President and COO, Support Services Alliance, Inc., An Excellus Company

Dr. Ann Empowers

"If you think you know all about Wellness and what it takes to be healthy, you haven't heard Dr. Ann. She captivates, motivates, informs and entertains. What a compelling message she has to share!"

- Richard Atkinson, Executive Vice President, HealthSTAT, Inc., President, The Rocketts, Inc.

"Dr. Ann's advice helps people eat well for a lifetime, and her vision for better nutritional health is especially refreshing. Dr. Ann's approach is a winner!"

- David Hunnicutt, PH. D., President of the Wellness Councils of America

"Dr. Ann's passion and knowledge about improving our health and well-being are contagious. She is a terrific speaker who motivates while she educates."

- Samuel E. "Sandy" Beall, Chairman and CEO, Ruby Tuesday, Inc.

"One of the best speakers on this topic I have ever heard. Need to repeat."

"She was incredible and well worth the whole trip."

-Attendees of Young Presidents' Organization (YPO) Rebel Chapter Summer Meeting 2004

"Wow! You were not only entertaining – you wooed the Awakening Conference participants into waking up and taking control of their health. Awakening would have been a success if it had stopped there with your presentation! Thank you! Thank you!"

-Jan Taylor, Director, Awakening

"Love Dr. Ann! What an enthusiastic speaker! So knowledgeable and has a great technique to teach us. Also got to speak with her and she is so warm and caring. P.S. Loved the dance at the end."

"I'll have what she's having! She's a dynamo! Fantastic job!"

-Attendees of WELCOA's National Training Summit, March 2014

"Dr Ann delivered a fantastic talk to 300 of our clients. She is amazing!"

- Steve Wilcox, CFP®, ChFC, CFS, Summit Financial Group, LLC

"The Women's Summit was a huge success and you were by far the biggest hit of the day, you are changing the world bit by bit- **you ARE a revolution!**"

- Devon Wray Hanahan, SC Commission on Women, Vice Chairman, First SC Summit on Women

Speaker Programs

Dr. Ann's most popular programs (Up to 90-minutes)

Eat Right for Life!

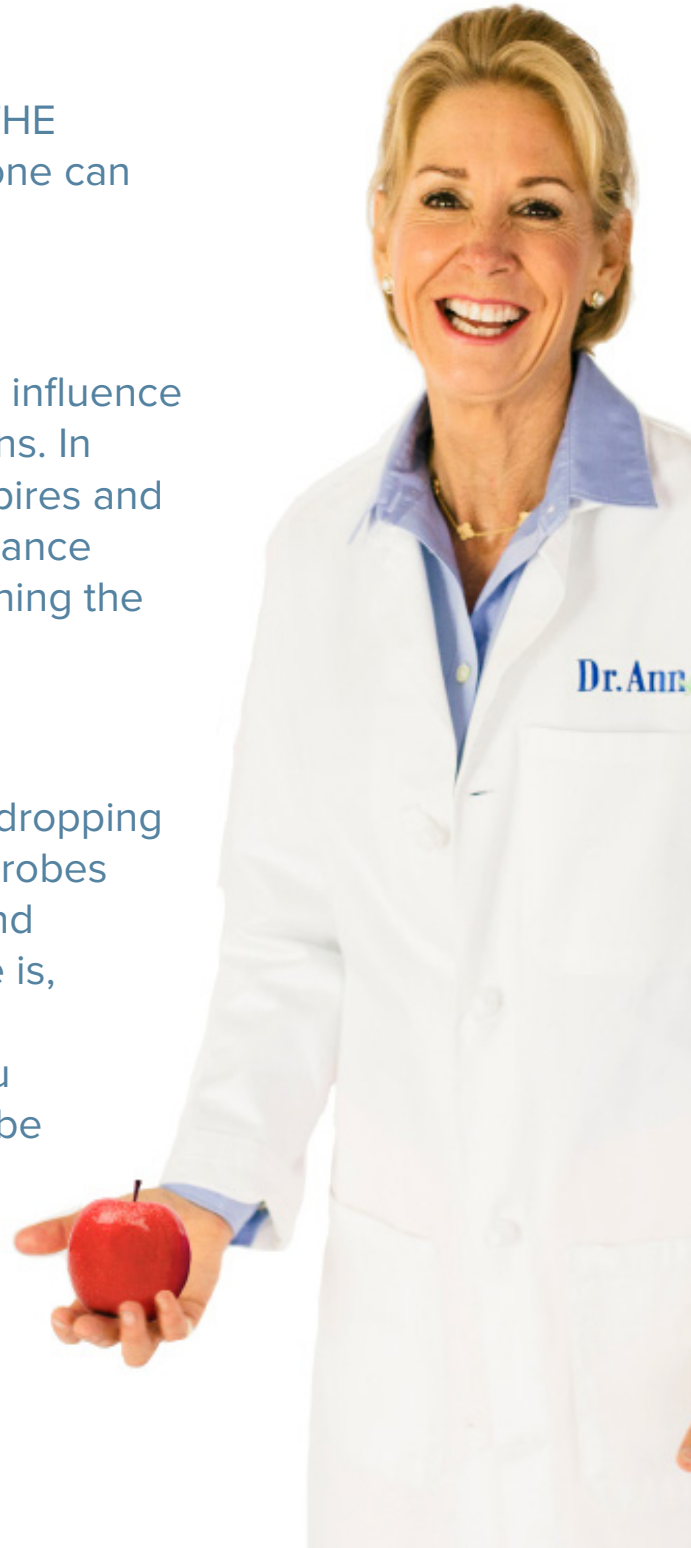
With explosive enthusiasm, Dr. Ann delivers THE blueprint for healthy eating in a way that anyone can sink their teeth into permanently!

The Happiness Diet

The foods that cross our lips have a profound influence on the structure, function, and health our brains. In this totally uplifting and lively talk, Dr. Ann inspires and teaches the audience how to use food to enhance peace of mind and lower stress, while unleashing the remarkable power of the human brain.

Nurture Your Precious Microbiome

With riveting passion, Dr. Ann shares the jaw-dropping new science of the vast ecosystem of gut microbes and their far-reaching impact on our vitality and wellbeing. You will learn what the microbiome is, the central role it plays in our bodies' most fundamental life processes, and the steps you can take to keep yours thriving. Get ready to be wowed and inspired to take your health and your healing to a whole new level.



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Speaker Programs

Just Say *Whoa!* to Inflammation

Learn the complete list of anti-inflammatory foods and how to bring them into your diet. Learn the complete list of pro-inflammatory foods and how to get them out. And last, learn the lifestyle strategies that have been proven to lower toxic inflammation and heal your brain and body from the inside out.

Weigh Less for Life!

With her signature passion and inspired energy, Dr. Ann shares what the very best science tells us are the very best ways to lose weight for good and feel great for life.

Live Life!

Dr. Ann says it all in this “comprehensive” healthy living program. She provides state-of-the-art guidance for optimal nutrition and healthy lifestyle practices to set everyone on the irresistible path to lifelong wellness and vitality.

Nature: Our Best Kept Secret for Better Health

Mother Nature may be the most powerful prescription of all. In this fabulously “fresh” and captivating talk, Dr. Ann shares how a dose of Mother Nature triggers a multitude of powerful physiologic changes that can enhance well-being and reduce the risk of a startling range of diseases.

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Speaker Programs



Additional Programs

- Turn Back the Clock with Food
- Sleep Better, Forever
- Give Yourself an Oil Change
- Optimize Your Energy
- Optimize Your Immunity
- Just Say *Whoa!* to Type 2 Diabetes
- Feed Your Kids Right!
- Just Say *Whoa!* to Cancer
- Being Good to Your Heart
- Conquer Your Carbs
- Being Good to Your Breasts
- The Magic of Time-Restricted Eating



“Having helped tens of thousands of people, there is no one more qualified to lead the revolution than Dr. Ann.”

-David Hunnicut, PhD, CEO David Hunnicut, Int'l

* Dr. Ann is happy to customize any program to best fit your needs and time constraints.

Dr. Ann In The Media

