



*Speaker, Author,
Citizen Scientist*

Providing Actionable Steps to
Optimize Your Health

“The United States is becoming the sickest nation in the Western world because of the epidemic of chronic disease. According to the CDC 60% of American adults have a chronic disease and 40% have two or more.”

And these numbers are growing.

Emily Gold Mears is a citizen scientist, biohacker and health and science advocate. After watching her father suffer from a neurodegenerative disease, Emily left her successful law practice to study information that had been largely limited to the scientific community. After extensive research in science, health and medicine, she became a well known speaker on the topic. In fact, she was urged by the Chief Medical/Science Officer at the Beverly Hills Institute for Precision Medicine, to write a book.

The result is her best selling book, *Optimizing Your Health*. In it, Emily shares her research, and provides "one size does **not** fit all" options for people to live balanced, less stressful lives and reduce their risk of chronic disease.

Emily is a sought after keynote and presenter at scientific, medical and patient advocacy conferences worldwide. There she is dedicated to simplifying language, with actionable steps, to educate everyone to help people live healthier, longer lives.

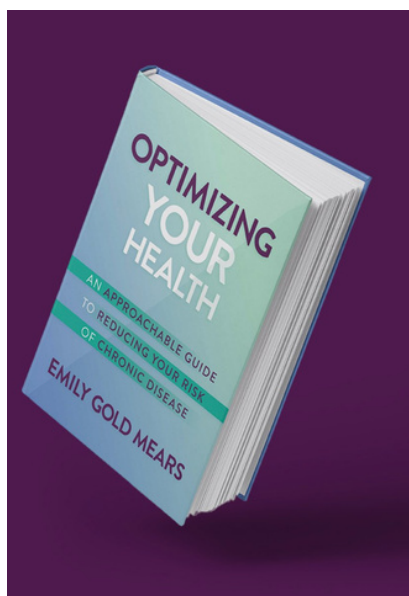
"The current state of the healthcare system does not support people, it recruits patients."

- Emily Gold Mears

Emily's work is to provide access to useful research and actionable incremental behavior change so people may align with their own health management and better collaborate with healthcare providers.

Topics for keynotes, workshops, seminars, podcasts, and webinars include:

- ✓ Why are chronic diseases becoming more prevalent and what can we do?
- ✓ When should an individual use functional medicine and when should they use allopathic medicine?
- ✓ How can exposure to toxins be reduced to reduce disease risk?
- ✓ Should everyone be taking supplements?
- ✓ Can we modify lifestyles to overcome genetic predispositions to certain chronic disorders?



What People Are Saying:

"Ms. Gold Mears translates primary source cutting-edge clinical research into clear protocols for action."

-- Ronnie S. Stangler, MD

"Emily make sense out of the torrent of sometimes contradictory novel information that is emerging around age-old topics like diet, exercise, and sleep while exploring cutting-edge research and its health implications."

-- Robert C. Green, M.D., M.P.H.

"If only all people were as proactive, data-driven, rigorous, and scientifically curious as Gold Mears!"

-- Aaron F. Mertz Ph.D.

Contact Emily Today for Your Event:

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