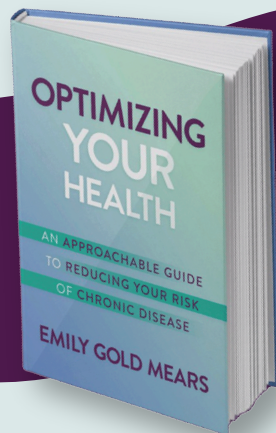


EMILY GOLD MEARS



Emily Gold Mears is a citizen scientist, research analyst, biohacker and author. A former attorney, Gold Mears shifted her advocacy efforts to seek information on optimizing one's health through extensive research analysis in science and medicine. Her research focuses on the intersection of functional and allopathic medicine, and the critical requirements for individuals to become their own health advocates. She is actively involved in several nonprofit organizations, most of which are focused on health-related research.



"Wow, Wow, WOW!!! Emily, I LOVED doing the gig with you this morning! Your work is truly a gift to humanity."

-LOUIE B. FREE RADIO SHOW

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IS YOUR LIFESTYLE KILLING YOU?

Despite the fact that 60% of American adults have 1 chronic disease and 40% have 2 or more, there is much that can be done to ensure that you live long, feel great and live well. Many of the lifestyle modifications are free or low cost and therefore, have not received sufficient attention.

I was lucky enough to have a wonderful father. He was smart, funny and kind. I was devastated to watch his slow, consistent decline from dementia. I thought there must be a better way to handle this terrible disease. I began researching everything on neurodegenerative disease and became discouraged about the lack of meaningful progress in this area. I broadened my research to chronic disease and found there is much to be hopeful and optimistic about. There are so many things that each one of us can do to modify our risk factors that can at the very least delay the onset of disease. I want to share what I have learned so that people can avoid making common mistakes, or if they have already made them, they can fix them.

STORY IDEAS

1. Is Your Oral Health (Or Lack Thereof) Compromising Your Health?
2. 4 Toxins in Your Home That Are Making You Sick.
3. Are Those Energy Saving LED Light Bulbs Hurting Your Health?
4. Be Very Wary of the Supplement Industry. It's Like the Wild, Wild West!
5. Be Your Own Health Advocate: 3 Reasons You Need to Stand Up for Yourself.
6. You Can't Manage What You Can't Measure: Testing Reveals Valuable, Actionable Data.
7. Don't Wait Until You Get Sick: 3 Action Steps You Can Take Now to Avoid Pain in Your Future.

EatThis,NotThat: *LifeBlood* AspenMastermind



Christina L Desser
ENTHUSIASMS

