

# Karen Mayo

## Health & Wellness Expert

### Story Ideas

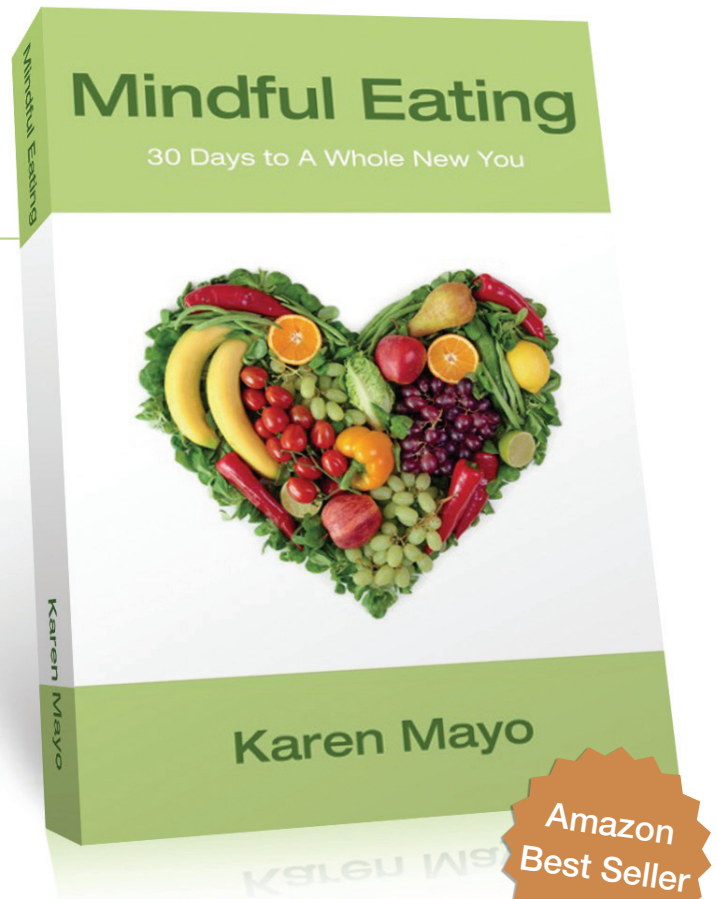
- ♥ Have you checked your pH today? Nine reasons why it's important.
- ♥ Sugar and The Aging Connection. How high blood sugar creates wrinkles and internal organ damage.
- ♥ Discover the connection between drugs, suicide and our veterans. How one veteran saved his life with nutrition and mindful eating.
- ♥ Beauty benefits hiding in your green smoothie drink. Five key foods to keep you looking younger longer.
- ♥ What got you to 60, will not get you to 100. How making five small changes in eating will make a big difference in living longer.
- ♥ Mindless vs. Mindful Eating. Seven healthy ways to eat on the go.

**Karen Mayo · 914 589 1833**

Board Certified Integrative Nutrition Health & Lifestyle Coach  
Board Certified Member of American Association of Drugless Practitioners

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Available nationwide with arrangements  
Available as last minute guest



“ The reader is provided a perspective of the perils of processed food brilliantly countered with easy to follow plans and concept. Finally, a book that integrates the real world view of health with the pathway of eating which everyone can achieve. This book will drive the reader as it did me to make immediate changes in their eating habits. ”

**Anthony C. Grupp**,  
Southwest Regional CEO of  
Marsh and McLennan Agency, LLC

Karen Mayo has guided numerous people to losing inches, pounds, and medications through better eating habits. As a natural whole foods chef Karen fulfills her passion of partnering with people who are committed to improve health and lifestyle of their families.

Karen leads corporate health and wellness workshops offering group coaching and private individual health and nutrition coaching to parents and families.

Her widely varied career includes working as bartender, sous chef, model, actress, licensed real estate agent, home mortgage banker, and executive recruiter. Currently, Mayo lives in Westchester, New York.



- ♥ Do you know any kids that play sports?  
More and more kids are breaking bones and it's not what you think.
- ♥ Is your gut health the secret to living longer?  
Seven ways to heal your gut and enjoy being alive.
- ♥ The secret to successful weight loss.  
Five secrets to losing weight with class and style.
- ♥ "I just don't have time to eat healthy."  
Why making the time to eat well now, will save time in the doctor's office later.
- ♥ What do lack of energy and weight gain have in common? Eleven ways to tell if your thyroid is low and eight ways on how to fix it.
- ♥ Chronic conditions such as stress, depression and high blood pressure are not just at home where we live, chronic illness follows us to our workplace.  
Eight ways to heal the employee from the inside out and sustain energy through out the workday.
- ♥ Traveling? Don't lose focus on your nutrition.  
Five simple tips for the business woman who travels.
- ♥ Five ways to save money on your health insurance.
- ♥ What is detox? Who needs it?  
Toxins and Hormone Imbalance.
- ♥ The disease your doctor can't diagnose: leaky gut.
- ♥ Dirty dozen and the Clean fifteen.  
To go organic or not, that's the question.



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