



Dr. Beverly Jensen

A lifelong explorer of natural healing methods, Beverly A. Jensen, Ph.D., came of age on Okinawa and has lived and worked in countries around the world for over 30 years where she both learned and taught healthy behaviors. After overcoming two autoimmune diseases using homeopathy and Traditional Chinese Medicine, Dr. Jensen founded a website in 2003 directed towards American women to provide education and information on natural healing systems and botanical solutions to health challenges.

Women have traditionally been the healers, and they still are the family's health decision makers.

Dr. Jensen is the author of the forthcoming book, *21st Century Wellness Rx: Self-care to Treat & Cure Chronic Disease*. A certified health coach, Dr. Jensen's doctorate is in communication from the University of Washington. She's an international speaker and trainer in healthy behaviors.

Americans rely on pharmaceuticals far more than any other nation. However, preventing and curing chronic diseases requires natural treatments and lifestyle changes, complemented by new technologies.

She brings to the table a life-time of experience using herbal remedies, food as medicine, homeopathy, and body treatments including chiropractic, Bowen, Shiatsu and Swedish massage, rolfing, reflexology, Tai Chi, and yoga.