



## **DR. NATHALIE BEAUCHAMP, HEALTH EDUCATIONAL SPEAKER HACK YOUR HEALTH HABITS BOOK RELEASE OCT 23, 2018**

### **OVERVIEW**

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Dr. Nathalie Beauchamp is not only knowledgeable in the field of natural health and wellness, she is strongly passionate about what she does. What sets her aside is her desire and drive to help and educate others to reach their optimal health and wellbeing. She inspires hundreds of people everyday. If you are ever going to find someone who makes you want to go home and start taking action towards a healthier life, it is Dr. Nathalie. If you are ever going to find someone who will bring in a whole, interactive, engaging audience at your event, it is Dr. Nathalie. She has a spark, energy, and excitement in her voice when she speaks that can grab anyone's attention. She is also very devoted to working with, and speaking at events that highly align with her own values.

## BIO

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Dr. Nathalie Beauchamp is an Ottawa based doctor of chiropractic, B.S. in Human Kinetics, a certified Functional Medicine Practitioner with the Institute of Functional Medicine, a public speaker and a TV and radio personality. Dr. Nathalie owns a successful chiropractic and wellness center, *Santé Chiropractic and Wellness Centre*, in Ottawa, Canada. She is releasing her new health and wellness book called *Hack Your Health Habits—Simple Action-Driven, Natural Health Solutions for People On The Go!* which is set to be launched on October 23, 2018.

## SPEECH DESCRIPTION

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### IS IT HEALTHY OR NOT? MYTH BUSTING INFORMATION TO HELP YOU DISCOVER WHAT IS ACTUALLY BEST FOR YOUR HEALTH!

Are you too overwhelmed with all of the new “health fads and information” out there today to even start? Every week there seems to be a new diet, a new supplement, a new training method, and a new way to manage your stress. With an abundance of different health findings out there, it has become normal to be so overwhelmed that you just decide to throw your health on the back burner. Dr. Nathalie’s newest book, *Hack your Health Habits—Simple, Action-Driven, Natural Health Solutions For People On The Go!* is filled with educational information on nutrition, exercise, and self-care to help you truly discover what is best for YOUR health. Dr. Nathalie believes in bio-individuality, the idea that health should not be a one-size-fits-all approach. Dr. Nathalie is changing the world, busting one healthy habit myth at a time using her 3 levels of habits. She provides guidance and breaks down how you can shift your daily habits in small incremental and achievable action-steps to achieve your optimal health. Dr. Nathalie’s mission is all about Catalysing Transformation, One #HealthHacker At a Time.

## SPEAKING EXPERIENCE

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Government  
of Canada



uOttawa



- University of Ottawa – Health Sciences Awards Gala
- Royal Canadian Mounted Police
- Ottawa Chamber of Commerce
- Ottawa Police – officer and emergency personnel training
- Health Canada Agency
- Orleans Women Business Connection
- Statistics Canada Agency
- Goodlife Fitness Clubs
- Amnesty International
- Ottawa Health and Wellness Expo
- Raymond Chabot Grant Thornton Accounting Firm
- Ministry of Children and Youth Services
- Lang Michener LLP – Law Office
- Evolv Health – International conference
- Creating Wellbeing Alliance Chicago conference
- Chiropractic Masters Washington conference
- Telesat Canada
- The American Embassy
- Natural Resources Canada Agency
- Royal Bank of Canada
- Sears Canada
- Evolv Health Chicago Conference

## KEYNOTE SPEAKER VIDEO REELS

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2 minute keynote highlight reel: <https://www.youtube.com/watch?v=qRAy3wkcFXQ>

2018 talk - Keynote for book Hack Your Health Habits - "It depends" FULL VIDEO: [https://youtu.be/8J\\_\\_PD3I020](https://youtu.be/8J__PD3I020)

## TESTIMONIALS

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*"Participants to the conference from Dr Beauchamp found the information provided very useful and interesting. It could have lasted longer! Each 3-minute segment was information-packed. It provided us with a lot to think about."*

- Rose P.

*"Dr. Nathalie Beauchamp presented two workshops at our annual Fitness Connexion Conference on March 31, 2012. Nathalie's presentation was engaging, inspiring and energizing; the participants were drawn into her words. Not only did she have relevant and useful content but information that our trainers could take back immediately to their clients. Nathalie is professional, dynamic and down to earth; her audience has asked that she come back next year!"*

- Christine Eckhardt, Director Fitness Education  
Centre YMCA-YWCA National Capital Region

*"I've heard Dr. Nathalie Beauchamp speak more than once, and every time, I'm so amazed and impressed with her knowledge and insight about health. Her teaching points are both excellent and inspirational. And her talks are far from boring. She brings a freshness and vitality to her presentations, with plenty of humor."*

- Lisa Larter, CEO of Lisa Larter Consulting

*"This wellness program created by Dr. Nathalie is the most comprehensive you will ever find. It covers so many areas of your life and health that we all take for granted. It's amazing to have someone like Dr. Nathalie to help us take away the impurities and excess in our lives and go back to basics. It's actually more economical to be naturally healthy, simple ingredients are less expensive than complex chemicals. Thanks, Dr. Nathalie, for making my life and home a healthy place to be and taking us closer to wellness."*

- Lucie

*"Dr. Nathalie speaks with such passion and energy! She has an amazing ability to bring clarity to wellness and gets you excited to take action in your own life!"*

- Dr. Craig Hazel, B.Sc. D.C.

*"Dr. Nathalie is a dynamic speaker who is as passionate about the audience she is speaking to as the content to which she is speaking about! Her energy is palpable and her authenticity is endearing. She has you listening to her message AND feeling it."*

- Dr. Celina Spence, B.Sc., D.C.

For more testimonials:

<https://drnathaliebeauchamp.com/media-speaking/>



## SPEAKING FEE

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### US and Canada

60-90 minutes Keynote Speech: USD 2,500-5,000

### International

60-90 minutes Keynote Speech: USD 5,000-7,500

**Travel requirements:** Transport and accommodation paid

## CONTACT INFORMATION

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ig <https://www.instagram.com/drnathaliebeauchamp>

## FOR MORE INFORMATION ON DR. NATHALIE'S LATEST BOOK:

<https://hackyourhealthhabits.com>

