

Dr.
NATHALIE



DR. NATHALIE BEAUCHAMP HEALTH EDUCATION SPEAKER

“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/>

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

<https://hackyourhealthhabits.com>

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M A G A Z I N E

**FORTY
UNDER40**

BYAs Businesswoman
of the Year Awards

BIO

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. 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.

KEYNOTE SPEECH DESCRIPTION

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.

CONTACT INFORMATION

✉ drnathalie@drnathaliebeauchamp.com

✉ assistant@drnathaliebeauchamp.com

☎ 613-852-1770

f <https://www.facebook.com/drnathaliebeauchamp>

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