


DR. DEBRA ROUSE



**NATUROPATHIC DOCTOR,
COACH, LIFESTYLE EXPERT,
LECTURER & AWARD
WINNING AUTHOR**



**HEALTH IS THE
FOUNDATION UPON
WHICH WE BUILD A
VIBRANT LIFE; OPTIMIZE IT,
AND WATCH YOUR
POTENTIAL UNFOLD**

Dr. Debra Rouse is a naturopathic doctor with over thirty years expertise in integrative nutrition, functional medicine, women's health and healing, herbal therapies, performance and lifestyle medicine. An award-winning author and seasoned presenter, she excels at inspiring audiences to embrace proactive self-care and autonomy. Debra's dynamic approach empowers individuals to harness their inner wisdom, fostering healthy relationships, balance, and radiant health.

Her thought leadership is highlighted through her contributions to prestigious publications including several books, websites, magazines and reference books. Debra's engaging presentations resonate deeply with those seeking to elevate their well-being, making her a sought-after speaker for conferences and events.

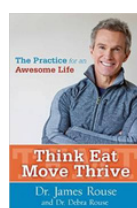
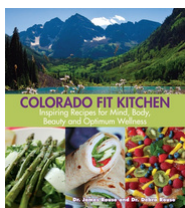
Debra is passionate about a range of activities that enrich her talks, including yoga, hiking, tennis, cold plunging, and sauna therapy. She indulges creative outlets like pottery and gardening, herbal alchemy, and nourishing cuisine creation. Debra's vibrant, informed, and enthusiastic style makes her an ideal keynote speaker for any event aiming to inspire and transform its audience.

THE HIGHLIGHTS

- Presented to thousands of individuals in North America
- Successful naturopathic private practice since 1996
- Creator of Corporate wellness newsletters and programs
- Award-winning author
- Sacred Ceremony Facilitator
- Co-Founder Optimum Wellness multi-media platform



AS FEATURED IN ...



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