

YOUR NEXT GREAT GUEST

Dr. Meg Haworth, Ph.D.

TRANSPERSONAL PSYCHOLOGY/HOLISTIC WELLNESS

CELEBRITY NUTRITIONAL CHEF



GET WELL NOW

HOLISTIC SOLUTIONS FOR ABUSE SURVIVORS
WITH CHRONIC ILLNESS

SUGGESTED INTERVIEW TOPICS

- ◆ How chronic illness, childhood abuse & family dysfunction are linked and the science behind the ACE Study (Adverse Childhood Experiences).
- ◆ How emotions tell the illness story in the body & how to release them through the body mind.
- ◆ How Whole Person Integration Technique helps abuse survivors heal long standing systemic issues with mind/body medicine.
- ◆ How to use simple mind/body medicine tools for re-setting listeners when triggered.
- ◆ How proper nutrition supports the body to heal itself and can accelerate the emotional, mental, and spiritual work simultaneously.
- ◆ How simple diet fixes can increase energy, productivity, focus, and brain power.



@drmeghaworth

SUGGESTED INTERVIEW QUESTIONS

- ◆ With your history of drowning, healing over a dozen illnesses, being an abuse survivor and struck by lightning, what's the one thing you consistently used to overcome your own adversities?
- ◆ You talk about the science behind the ACE Study as validation for the connection between childhood abuse & chronic illness decades later. Can you tell listeners why your ACE Quiz score doesn't really matter?
- ◆ What do people with chronic illnesses need to know in order to heal the mind and the body?
- ◆ Why is mindset or nutrition not enough to help a person to get well?
- ◆ What three things can listeners do to begin getting their health to the next level today?
- ◆ Why is a holistic approach to healing necessary to true and lasting wellness?

A survivor of sexual, physical, and emotional abuse as a child, drowning, over a dozen illnesses, and being struck by lightning, **Dr. Meg Haworth, Ph.D.** is no stranger to overcoming some of the worst scenarios life can throw at us. With each challenge she faced, she used specific patterns and techniques to heal them; finding food, and the power of the mind/body connection to make her body well again. Over the last two decades, she has helped thousands of others to get well too with holistic wellness programs, a podcast series, blogs, online forums, a radio show, ten published books in cooking and self-help, as a celebrity chef and food coach, and as an chef instructor at Whole Foods markets. She has been featured on NBC Nightly News, The LA Times, The Huffington Post, and numerous wellness events. She is the creator of Whole Person Integration Technique, a mind/body limiting core belief and emotional release process. She lives in Los Angeles. www.meghaworth.com