

Gruver Speaking Testimonials

Kathy's workshop on Stress Management and Cancer was excellent. Her delivery was engaging and dynamic, and she demonstrated great knowledge and passion about natural medicine. The participants were so thrilled, and some even sent me a sign and whispered in my ear in the middle of the workshop saying, "She is great!" Thank you, Kathy. You indeed lifted our spirits.

~Kayo Matsumoto, MS, LMFT, Program Associate, Cancer Support Community, VVSB

I was blessed to hear you speak for a second time, at Zona Seca last night. I can't thank you enough for the wisdom you shared both times I got to be in your presence. Last night you blessed all of us with your amazing work, and I know you bless many as you move through your life's journey.

You're both wise and funny, Kathy.

Thank you again for sharing your Work. Every time you speak I learn something.

~L.G., Zona Seca, attendee

Dr. Gruver does her homework and cares deeply about getting the truth out, in a very cluttered and noisy internet world... that is never short on opinions. Her view on nutrition, body work, and mindset (just to name a few) are well worth the time spent with her to gain insight and advice that you can actually trust. I found my interview with her not just informative, but what felt like time with a friend we all wish we had when we need advice. Kathy is someone to help guide you on your journey to a life of true health, and longevity, and provides clear direction on how to avoid those medical emergencies, before they happen.

~Michelle Dutro

Founder of Inner North Star and Host of The Game Changer Podcast

"I saw Dr. Kathy Gruver speak at Hypnothoughts Live in 2015. Her talk was one of my favorites of the whole conference. She has a charming and engaging style that made her talk not only entertaining, but incredibly informative. I left with a handful of action steps that have already begun to pay off. I would see her again in a heartbeat!"

~Ben Schoeffler, C.Ht

I thoroughly enjoyed the presentation by Dr. Gruver. She captivated our audience with her energetic personality and real life examples. She was able to provide solid advice regarding nutrition without seeming too academic or out-of-touch with the

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obstacles many of us face. I learned a lot from the presentation and have already started to make some positive changes.

**~Audrey Read Brown, LCSW
Program Director, Pacific Clinics**

Kathy was an absolute pro on the show. Incredibly funny off-set, and both humorous and engaging on the show. Was great having her on!

~Shawn Tempesta, host of Las Vegas' Morning Blend

I just wanted to briefly say thank you for your presentation on stress – I think I could have spent the entire conference listening solely to your wisdom on this topic. I have signed up for your newsletter and have encouraged my staff to do so as well. Since your presentation, I have found myself doing the mini-meditations daily and I have to admit that it really is nice to just stop and be in the moment. Thank you again – I look forward to reading some of your published works!

**~LaToya Marz - #20
Telecommunications Supervisor
DeKalb Police Department
700 West Lincoln Highway
DeKalb, IL 60115.**

Kathy Gruver was one of the most popular speakers on the Evolving Conscious Health Community Cruise... and so helpful and easy to work with. Having the pleasure of hosting speakers like her inspires me to produce more cruise conferences!

~ Lois Grasso, MyHolisticCruise.com

Kathy, many thanks for your insights, high energy and engaging educational content for our recent Health Activist Summit. Your talk was a significant contribution and a big part of the event's success. Many thanks for all that you do for the Healthcare community, you are truly inspirational.

~Bob Brooks, WEGO Health

Dr. Gruver not only met my expectations, but exceeded them. She truly saved lives today.

~Esther Fayson, Adult Protective Services

I always look forward to hearing Dr. Gruver speak at the American Naturopathic Medical Association Convention each year in Las Vegas. Kathy's talks are informative and entertaining. If I were to host a conference on Alternative or

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Holistic Medicine, Dr. Gruver would be the first speaker we secure for the conference.

~Dave J. All Star Media

I'm always happy to be in the audience when Dr. Kathy Gruver has the mic, she is one of the most dynamic and charming experts I ever seen. What a talented personality! Feel so fortunate that she is going to help us with the International Women's Festival in 2013.

~Patty Dedominic, Founder, Santa Barbara Women's Festival

On October 14, 2012, as part of a Scleroderma Education Event held in Pasadena, California, the audience was treated to a lively and informative presentation by Dr. Kathy Gruver, author of 'The Alternative Medicine Cabinet.' Dr. Gruver provided tips on visualizations, affirmations and nutrition. Her information was backed up with current statistics and new ideas regarding wellness. For example, we learned there is music available which balances the left and right brain rhythms in a manner similar to meditation techniques - these CDs are often used in healing massage treatments. Dr. Gruver held a very meaningful discuss with the audience concerning vitamins and optimum scheduling, along with her recommendations. Dr. Gruver was able to hold the audience throughout the hour as she has a delightful sense of humor and was very open to spontaneous questions and comments. The group I sat with continued to discuss points from Dr. Gruver after her presentation and during the lunch hour - we were grateful for her dedication to wellness and jumped at the chance to sign up for her electronic newsletter.

~Irene R, attendee

I have known Dr. Kathy Gruver for 6 years through American Naturopathic Medical Association, a professional association for naturopaths, for which she is a speaker. The time I have spent with her has been a pleasure.

Kathy Gruver relates well to diverse audiences with an above average level of professionalism. She is always well received by lecture attendees. Dr. Gruver has great interpersonal and communication skills. She would bring valuable talents and assets to any organization with whom she associates.

It is an honor to provide a recommendation for Dr. Kathy Gruver she is a fabulous speaker.

~Julie Morgan ANMA Convention Coordinator

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Dr. Kathy Gruver was a speaker at the 2012 Women of the Green Generation Conference and delivered an insightful presentation about the health benefits of water. She is a true professional and has the ability to keep the audience engaged. I will definitely invite Dr. Gruver to speak at future WOTGG events.

~Kris Willey, founder Women of the Green Generation (WOTGG)

Kathy Gruver has a lively personality that shines through when she takes the stage. She has fire in the belly when it comes to educating people on topics related to health, nutrition, naturopathic medicine --and alternatives to conventional western medicine --for preventing and treating illness and disease. In terms of delivery, Kathy brings anecdotal material from her practice as well as a sense of humor to make her topics accessible. Her training in acting allows her to remain cool under pressure, whether facing small or large audiences. I would recommend her for diverse groups, meetings and conferences interested in her area of expertise. In general, Kathy will be well prepared and ready to discuss health-related issues in an engaging manner that will be relevant to her listeners' needs.

Sincerely,

~Lois Phillips, PhD

Women Seen and Heard Seminars, Coach, Author, Conference Speaker

Kathy is a breath of fresh air! She grabs your attention and is energetic, fun and has a great sense of humor. Kathy was so popular at our Women's History Month event our employees begged us to get her back. Her instruction on stress relief really gives a busy, multitasking employee practical advice and tools. After both events, we still haven't had enough and hope to get Kathy back on another topic!

~ Erin Coon, Raytheon Women's Network President.

Kathy is a very approachable and professional speaker, who's talents and knowledge in the study of mind and body, far surpasses most in her field. She is an encyclopedia of information when it comes to improving your diet and the way you will think about health as a whole.

~Rae Van Seenus

Marketing Supervisor

Whole Foods Market - Santa Barbara

Dr. Gruver has a wealth of knowledge about the history of our most precious natural resource. Her smooth delivery allows audience members to relax as they are educated. The information shared on hydration, disease prevention and healing is invaluable. The manner of delivery inspires one to change, and to adopt the life enhancing aspects of water presented. Kathy spoke at the 2011 seminar, and was back by popular demand. Her intention to help people get on the right track towards good health comes through. And, she's a delight to work with. I

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highly recommend Dr. Kathy Gruver to anyone wishing to engage an authoritative voice on healing.

~ **Jill Klein Rone, Producer, Berkeley Springs International Water Tasting**

Kathy Gruver's informative and fun workshop on Wellness and the Working Woman for NAWBO-SB was terrific. Full of great advice on nutrition, balancing our lives as well as some easy exercises we can do throughout the day to keep us limber and well, it was a worthwhile and thoroughly professional presentation. Thank you, Kathy.

~ **Cathy Feldman, Program Co-Chair, National Association of Women Business Owners, Santa Barbara**

Recently I had the pleasure of hearing Kathy speak on the body and mind connection in achieving and maintaining good health. I found the presentation to be fascinating, educational and especially inspiring. She has a rare talent of including humor in motivating and inspiring your audience. I am involved with several groups that book speakers for seminars and other events and will be recommending Kathy to them. Thank you for such a powerful presentation, I immediately began replacing negative thoughts with positive ones!

~ **Beverly Mineo, National Sales Manager Canary Hotel, Santa Barbara, CA**

When Kathy was on our show, she delivered information in an informative, detailed and straightforward manner that was easy to understand. Go Kathy! Well done!

~ **Danielle Knox, Host of Lifetime Television's The Balancing Act**

Kathy Gruver is an intelligent, well-spoken and passionate woman who knows what she's talking about! It was such an honor to have her as a guest on our show. She was comfortable on camera, conversational, knowledgeable, and confident. She really helped us teach our viewers some important things they need to know that can help them tremendously. If you are looking for a great speaker, on camera or off- I highly recommend Kathy Gruver- you won't be disappointed!

~ **Elizabeth Lozano, M.A., LMFT- Host of The Holistic Success Show**

I was privileged to sit in on Dr. Gruver's lecture at the 2010 ANMA Annual Convention, 'How our words affect our health.' Her casual, confident speaking style combined with her signature sense of humor made for an informative and enjoyable presentation. Very knowledgeable. Examples from her practice were particularly helpful, and suggestions were effective and quick to implement. Easily one of the finest speakers on the natural health circuit, someone to watch with eager anticipation.

~ **Steven Brynoff, ND, President Mediral Homeopathics**

Kathy approaches her lectures with the ability to relate very well to her audience. Not only is she extremely knowledgeable about health issues, she has a great sense of humor which puts the audience at ease, and therefore more willing to hear and process her valuable information.

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~ **Michael Cervin, Journalist and Broadcaster**

Factual, informative and wildly entertaining; Thought-provoking, yet simple; charismatic Kathy Gruver is on a roll with a unique approach to current trends in Mind-Body Medicine. A speaker you must experience!!

~ **Lili Schafer, Program Chair, Santa Barbara Yacht Club**

Thanks so much for the inspiring, educational and deeply thought provoking presentation you made this morning on Women's Health in the Workplace. As a constantly emotionally and physically depleted working mom with a very successful and highly stressful business that I juggle with the care giving of 3 small children under the age of 6 at home, there was so much that I took away from this morning that I literally cannot wait to get started! I am motivated, I am committed and I have you to thank for the profound reminder of the vows I need to make to myself above all others that make their demands on me daily. Bless you.

~ **Lesa Caputo, Brown and Brown Insurance**

Recently, the Global Perspectives on Stress class I teach at Antioch University in Santa Barbara had the pleasure of spending an incredibly enlightening, and inspiring afternoon with Dr. Kathy Gruver. Not only is Dr. Gruver a spirited and engaging speaker, but her vast knowledge of nutrition, natural remedies and holistic healthcare provided the students with valuable information and knowledge that isn't available in textbooks and standard college curricula. Dr. Gruver has the rare ability to weave animated anecdotes from her own life history and current practice, solid scientific research, and all with a large helping of humor. Hers is a presentation not to be missed!

~ **Stuart S. Light, M.A., M.Ed., Adjunct Professor of Psychology, Antioch University, Santa Barbara**

Kathy Gruver has spoken to the National Association of Women Business Owner's, Santa Barbara Chapter on Wellness for the Working Woman: How to Take Back Your Health and Slow Down the Aging Process. She entertains and educates and is a phenomenal speaker providing her audience with many ah-ha moments about their life and health.

~ **Dawn Hampton, President, National Association of Women Business Owners, Santa Barbara**

Kathy recently gave a presentation on Wellness and the Working Woman for the Santa Barbara National Association of Women Business Owners that I filmed for her. I felt so lucky to have been there. Kathy presented a vast amount of knowledge about health in a fun and entertaining way. The information she presented has had a huge impact on me. Some of it was familiar information that was a good reminder, and some was brand new information that I am so excited to have learned about. I want everyone I care about to attend one of Kathy's workshops. If you have an opportunity to, I highly recommend it, it is truly life transforming.

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~Taymar Pixley, Owner, Pixley Flix

On behalf of the Santa Barbara Northside Optimist Club, let me thank you again for speaking to our group. Everyone thoroughly enjoyed your talk on the mind/body connection and how we can all play a greater role in our wellness. Your ability to explain the sometimes complicated components of health including facts along with some humor is a rare quality. You did an excellent job in conveying the key elements that we all can benefit from knowing.

~Michelle Profant, President Santa Barbara Northside Optimist Club

Super inspirational reminder of what we need to practice daily. Please pass on my comments and compliments and gratitude to our speaker!

~ HR Supervisor, MTD

Besides keeping our readers informed on natural health and alternative medicine with her popular monthly column in BigBlendMagazine.com, Kathy Gruver is an excellent radio guest who joins us frequently on Big Blend Radio's 'Ultimate Living' quality of life radio show. She not only provides our listeners with the information they need when it comes to keeping their health in check, but she is well-spoken, entertaining, and professional in every sense of the word. After listening to her speak, you will find yourself motivated about being healthy and excited to take care of your body!

~ Lisa Smith, Publisher at Big Blend Magazine