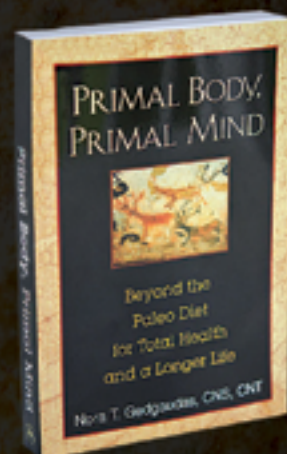


International
Best-Selling Author

Nora Gedgaudas



"PRIMAL BODY, PRIMAL MIND
IS THE BEST NUTRITIONAL
BOOK I HAVE EVER READ.
A GOLD MINE OF
GREAT INFORMATION."

~LOUISE L. HAY
AUTHOR OF YOU CAN HEAL YOUR LIFE

Nora Gedgaudas, a widely recognized expert on what is popularly referred to as the "Paleo diet" is the author of the international best-selling book, *Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life*. She maintains a private practice in Portland, Oregon as both a Board-Certified Nutritional Consultant and a Board-Certified Clinical Neurofeedback Specialist.



Nora Gedgaudas

BIO

Nora Gedgaudas is one of the world's leading experts on Paleolithic (Paleo) nutrition and author of the international best-selling book, ***Primal Body, Primal Mind: Beyond The Paleo Diet For Total Health and a Longer Life.***

She is Board-Certified in Holistic Nutrition® through the National Association of Nutritional Professionals (NANP) and is recognized by the Nutritional Therapy Association as a Certified Nutritional Therapist (CNT).

She has appeared as a guest lecturer on radio and television. She was host of her own top rated radio program on Voice America Radio's "Health and Wellness" channel and her **Primal Body, Primal Mind Radio** podcasts are now available on iTunes!

Nora served as a trainer for the State of Washington Institute of Mental Health, illuminating nutrition's impact on mental health for State health care workers at all levels.

She maintains a **private practice** in Portland, Oregon as both a Certified Nutritional Therapist (CNT) and a Board-Certified Clinical Neurofeedback Specialist (CNS).

Nora's ground breaking book, **Primal Body, Primal Mind** currently ranks near the top of all health-related books on Amazon.





Nora Gedgaudas

SPEAKING TOPICS

The following topics are a sampling of some of Nora's most popular talks. Other subjects and talks are possible. Many health related topics are surprisingly interrelated and there are many different ways to connect these dots for your audience. If there is a specific subject matter not covered here that you would be interested in having Nora present, you may inquire accordingly. Also, talks can be tailored to custom time specifications as needed.

Sustainably Optimizing Human and Planetary Health

How is it possible to know what constitutes the optimal human diet? What are the origins of our human nutritional requirements and our physiological makeup? What selective pressures shaped and molded our uniquely human characteristics, particularly our large and complex brain? How is it possible for us to reclaim our primal birthright of foundational health in a sustainable and economic way in today's world? How is it realistically possible to feed the growing populations of the world healthy and nutrient dense food while also healing the environment? Prepare to feel inspired by this paradigm shifting and passionate exploration of the most important modern day commodities: your health and the health of our planet!

Building a Superhuman Brain: Cultivating a Natural Mental Edge for Peak Performance

How did our human brain evolve and what is the best approach to maximizing its performance? What is science telling us today that can help give our brains that extra cutting edge? What actually constitutes peak performance and how can we best cultivate it? What surprising thing differentiates the pre-agricultural human brain from our post-agricultural one? What nutrients make the difference? Learn about your brain's ultimate fuel. What foods enhance the health of your brain and what foods can lead to your brain's unnecessary and painful degenerative decline? Learn the secret weapon used by the world's best memory champions and also learn about how you can cultivate an ageless mind. Prepare to be fascinated and shocked by what you will learn!





Nora Gedgaudas

SPEAKING TOPICS (p2)

How Your Nutrition is Affecting Your Mental Health

How do nutrients interact with our bodies and brains to shape our perceptions and experience of what it means to be alive? What actually are our emotions and how do we cultivate our emotional reality by what we choose to eat? How does the brain manage stress and how do stressors form and deform our experience of life and our health? Learn about the myth of the "mind-body connection" and what you can do to maximize your mental, emotional and cognitive function with nutritional influences and easy-to-implement dietary changes that can make all the difference. Learn about the nutritional and biochemical basis for depression, anxiety and ADD...and learn about how you can maximize the health of your brain as you age.



Rethinking Fatigue: Exploring the Foundational Relationship Between Your Diet, Brain and Adrenals

We live in a time of unprecedented stress and challenges to our well-being. "Adrenal health" is the buzz topic of the day, and yet most of what is understood about our body's most important internal "stress-management factories" is based on 1950's theoretical models of stress physiology no longer accepted as true by modern day research. Based on the revolutionary e-book with the same title, this presentation brings stress management and adrenal issues into the 21st Century. It dispels "the adrenal myth" and helps the audience better understand where and how stress is really managed within the human body. Learn to recognize the origins of your own stress patterns and prepare to be empowered by the solutions discussed. The answers may surprise you...and the rich information provided here will revolutionize your understanding of stress and your ability to weather it with cutting edge know-how!





Nora Gedgaudas

SPEAKING TOPICS (p3)

The Silent Autoimmunity Explosion

According to the NIH, 1 in every 8 women and 1 in every 12 men has some form of diagnosed autoimmune disease. Autoimmunity as a collective whole is now recognized as the #3 cause of morbidity and mortality in the entire industrialized world. There are currently 80 recognized autoimmune diseases and 40 additional disease conditions thought to have an autoimmune component. These numbers are growing, and yet modern medicine remains in the Dark Ages with respect to what may easily be the single most prevalent health issue of the 21st century. The field of immunology is exploding with literature and blooming with new realms of understanding about the mechanisms that initiate and drive these conditions. A great deal is understood about what can be done to effectively and naturally manage these conditions in a way that can radically improve outcomes. Learn about the cutting edge research that can change your life and the lives of those that you love. If you or someone you love is struggling with health challenges that nothing has ever been able to help, this talk will enlighten and fascinate you with a new appreciation of your health and all-important immune function!



Taming the Carb Craving Monster

Why do we crave carbs and why do we need to tame the carb craving monster? How do carbs affect our brains, moods, immune system and metabolic health? What are the underlying reasons why a person might crave sugary and starchy foods and what is the secret behind some people who no longer do? What are the health implications of a carbohydrate-rich and carbohydrate-restricted approach to eating? Learn what really fuels human metabolism and how and what you can do to supercharge your mitochondria and never crave sugar or starch again!





Nora Gedgaudas

SPEAKING TOPICS (p4)

The Human Diet and Its Evolution

Who are we as a species and where did we come from? What is it that shaped our physical evolution as the world's most advanced primate and what can we learn about that to radically improve our lives and health today? Learn about why the Paleo Diet is the single most Googled dietary approach today. If it's a fad diet then it is the oldest known fad diet in all of human history!

Fat Facts and Fallacies

Learn about the myths and truths behind the single most misunderstood and unjustly vilified nutrient in the human diet. What really are bad fats and what really are the good ones? Learn why cholesterol may be the opposite of everything you have ever been told and learn about rich importance of fat and fat soluble nutrients in the human diet. Learn how you can lose more fat by eating more fat and why the history on this critical component of the human diet needs to be rewritten. Prepare to think about dietary fat and your relationship to it in a whole new way.





Nora Gedgaudas

SPEAKING TOPICS (p5)

The Holy Grail of Primal Health: Cultivating a Fat-Based Ketogenic Diet for Body and Brain

In this revolutionary and paradigm shifting talk learn why dietary fat may be your single greatest ally in cultivating, restoring and protecting your ultimate physical and mental health. Learn the surprising truth about the mammalian metabolic design and how you can take advantage of what our ancestors knew for millennia to maximize your physical and mental performance.

Going Against the Grain

Close to 10,000 years ago humans first domesticated and learned to cultivate a brand new kind of food that suddenly changed our hunter-gatherer lifestyle of close to 3 million years to that of a farmer. But has our physiological makeup caught up to this major change? Were grains really the cornerstone of human civilization and human health or the beginning of our physical, cognitive and genetic downfall? Learn why we are actually becoming less adapted to these post-agricultural foods rather than more adapted as time goes on—contrary to what we might reasonably expect. And learn what you need to know about the possible impact these foods may have on you and the health of your family.

Prepare to turn that Food Pyramid upside down!





Nora Gedgaudas

MEDIA APPEARANCES

- Dr. Oz Show, 2014
- Dr. Joseph Mercola interview (www.Mercola.com), 2014
- US News and World Report online interview, 2014
- Coast to Coast AM (3-hour appearance in 2011, (2) 1-hour appearances in 2012)
- Red Ice Creations Radio, 2012
- Today Show (in Sydney, Australia), 2011
- Catherine Austin Fitts, The Solari Report, National Radio Show, 2010
- KRON Morning Show in San Francisco, 2009
- Better TV, Fox TV, 2009
- SOTT Talk Radio, 2013
- Time Monk Radio Show, 2012
- One Radio Network: The Morning Show with Patrick Timpone, 2010
- Voice America Health and Wellness Radio, Primal Body, Primal Mind, 2009-2010
- Dr. Michael Kell's Radio Show, 2009
- Ken Rose Radio Show (several appearances), 2009
- The Wellness Road Show (2 appearances), 2009
- The Thom Hartmann Radio Show, KPOJ, Portland, OR, 2006
- Northwest Focus, KNMT TV, Portland, OR, 2005





Nora Gedgaudas

REVIEWS AND ENDORSEMENTS

For a complete list of reviews and endorsements, visit www.primalbody-primalmind.com/reviews

"One of the best books I have read dealing with nutrition and lifestyle for optimal health."



David Perlmutter, MD

FACN, ABIHM, Board-Certified Neurologist, Medical Director of the Perlmutter Health Center and author of **Grain Brain**.

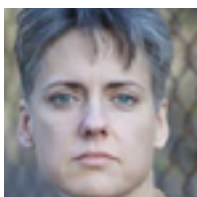
"Without question in my mind we owe a great debt to people like Nora Gedgaudas leading enlightened thinking about the food we eat...I cannot recommend her book strongly enough."



Allan Savory

Founder of the Savory Institute, Africa Centre for Holistic Management, winner of the 2003 Banksia International Award

"Nora Gegaudas is a warrior fighting for our collective health...This book is fabulous."



Lierre Keith

Author of **The Vegetarian Myth**

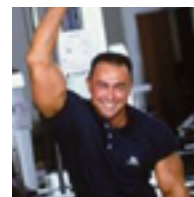
*"**Primal Body, Primal Mind** is the best nutritional book I have ever read. It covers everything...A great gold mine of information."*



Louise Hay

Hay House founder and best-selling author of **You Can Heal Your Life**

*"In my opinion, **Primal Body, Primal Mind** is the best book ever done on the Paleolithic diet..."*



Charles Poliquin

Poliquin Strength Institute, Olympic and World Championship strength coach

"... This book teaches you essential knowledge you need to survive and thrive in the 21st century..."



Catherine Austin Fitts

Founder and Managing Member of Solari Investment Advisory, Former Whitehouse Advisor/Underwriter Secretary for HUD





Nora Gedgaudas

REVIEWS AND ENDORSEMENTS

For a complete list of reviews and endorsements, visit www.primalbody-primalmind.com/reviews

*"Nora Gedgaudas has loaded **Primal Body, Primal Mind** with the information and resources essential for anyone who hopes to survive the 21st century in mental and physical health."*



Julia Ross, MA

Executive Director of The
Nutritional Therapy Institute Clinic
Author of *The Diet Cure* and *The Mood Cure*

"If you want to really know about how your brain and body work, read this book!"



Thom Hartmann

Author of *The Edison Gene: ADHD and the Gift of the Hunter Child*

"In this incisive book, Nora Gedgaudas lights a path toward dietary discretion and natural health that obliterates much of the standard dietary doctrine along the way."



Siegfried Othmer, Ph.D

Co-author of *ADD: The 20-Hour Solution*, Chief Scientist EEG Institute

"It's a health plan so easy even an unga bunga caveman can do it! Gedgaudas uses humor, science-based facts, and sometimes common sense to debunk many of the myths we have been told about weight and health control in the 21st Century..."



Jimmy Moore

Author of *Living' la Vida Low Carb*

"I consider Nora's work to be the definitive statement on the nutritional needs of the brain. It is required reading for all of my patients..."



Glen Zielinski, DC, DACNB

Assistant Professor of Clinical
Neurology, Carrick Institute for
Graduate Studies

"Primal Body, Primal Mind covers a wide range of health topics...an excellent read and excellent resource."



Tom Naughton

Comedian (and former health writer)
Creator of the documentary film
Fathead





SPEAKING ENGAGEMENTS AND APPEARANCES

- The Gluten Summit, 2013
- Ancestral Health Symposium at Harvard, 2012
- Ancestral Health Symposium at UCLA, 2011
- Bodhi Tree, West Hollywood, CA, 2011
- New South Wales University, Sydney, Australia, 2012
- Bond University, Gold Coast, Australia, 2012
- University of New England, Armidale, Australia, 2012
- MINDD International Forum, Sydney, Australia, 2013
- Wise Traditions Conference, Portland, OR, 2013
- Weston Price National Conference, Philadelphia, PA, 2010
- Soul Sessions, Sydney, Australia, 2011
- Traditional Diets Symposium, Shelburne Farms, VT, 2013
- Sustainably Optimizing Human and Planetary Health, Dubbo, Australia, 2013
- PaleoFx Event, Austin, TX, 2012, 2013, 2014
- Becoming Superhuman Event, Spokane, WA, 2013
- World Angus Forum, Rotorua, New Zealand, 2013
- New Renaissance Bookshop Lectures, 2012, 2013
- Paleo Summit, 2012
- EEG Institute lecture and workshop on nutrition and mental health, 2012
- National College of Naturopathic Medicine, Portland, OR, 2002, 2013
- Soul Sessions, Sydney, Australia, 2011
- Real Food and Resistance Conference, 2011
- Real Food Con Summit, 2013
- Nutritional Therapy Association National Conference, 2010, 2014
- Seven Waves Healing all day seminar, 2009





Nora Gedgaudas

REQUIREMENTS

Basic requirements for **Nora Gedgaudas** to present:

- Projector with VGA cable
- Large screen
- Wireless lavalier microphone (if required by room and/or audience size)

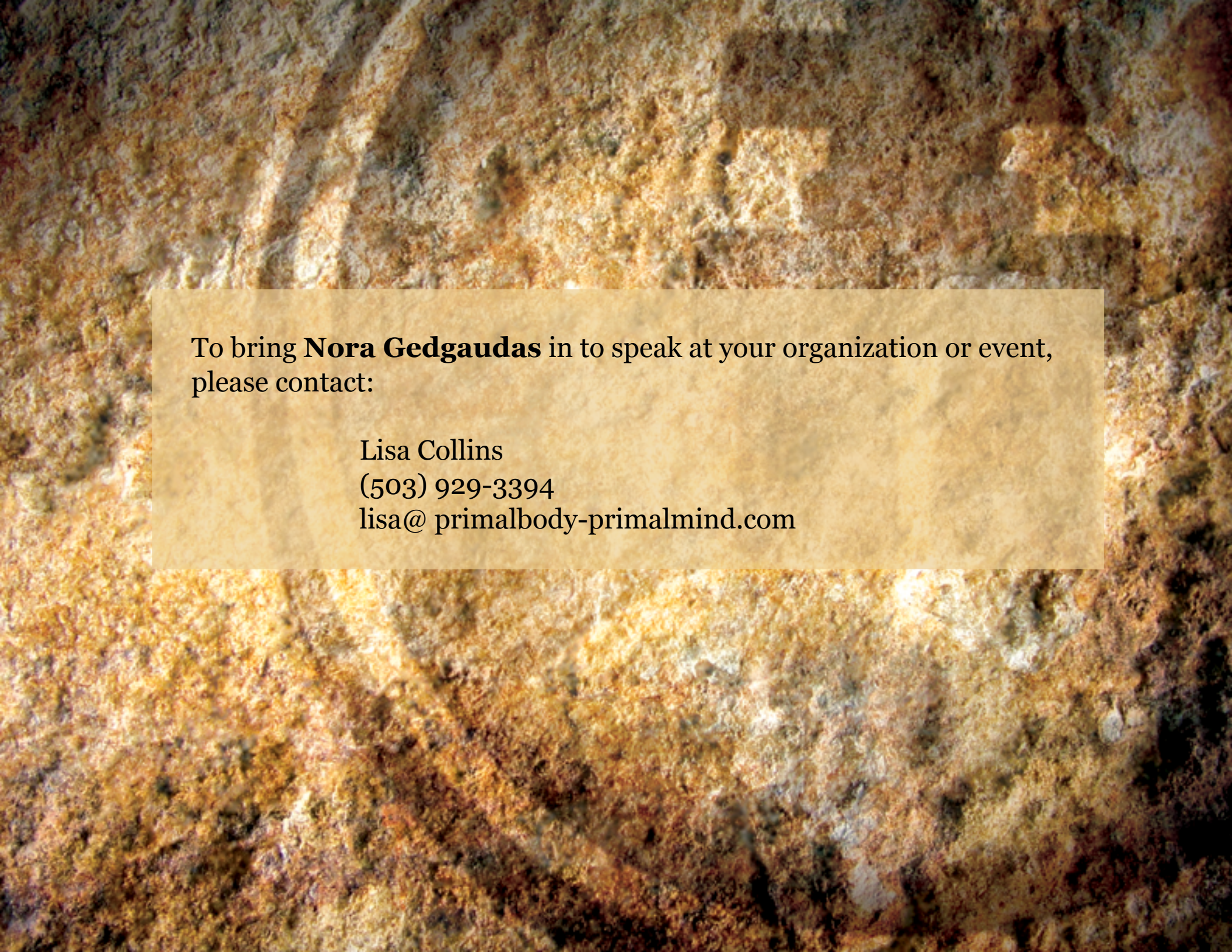
Other requirements may be necessary depending on the presentation.

INTRODUCTION BIO

This is a shorter version of Nora's bio that can be used for introducing her to audiences.

Nora Gedgaudas is an internationally recognized expert on the Paleo Diet and the author of the best-selling book, ***Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life***. She is also a highly experienced nutritional consultant, speaker and educator, widely interviewed on national and international radio, popular podcasts, television (including the Dr. Oz Show) and film. She maintains a private practice in Portland, Oregon as both a Board-Certified nutritional consultant and a Board-Certified Clinical Neurofeedback Specialist.





To bring **Nora Gedgudas** in to speak at your organization or event,
please contact:

Lisa Collins
(503) 929-3394
lisa@ primalbody-primalmind.com