



Introduction for

Lorrie Medford, CN, CFT

Certified Nutritionist, Certified Fitness Trainer

Well qualified to speak on fitness and weight loss, Lorrie Medford used to be a cranky calorie counter. Years ago, when she would try to lose weight, she says the only thing she lost was a lot of money and her patience. She's also been wacky, grumpy, dopey and sleepy, like the titles of some of her books after having battled weight gain, fatigue, depression and hormone imbalance. She's now full of energy, and has lost weight and kept it off for more than nineteen years. She is the author of nine books and has a thriving nutritional practice in Tulsa, Oklahoma.



With more than 25 years of combined experience as a Certified Nutritionist, author, motivational speaker, whole foods cooking teacher, and personal trainer, Lorrie began her interest in nutrition and fitness when she was in her twenties. She has a B.A. in Communications and is a licensed, Certified Nutritionist from The American Health Science University.

Lorrie also has national certification as a personal trainer from ISSA (International Sports Science Association.) She is a member of the Oklahoma Speaker's Association and is on the Advisory Board for Standard Process.

She has a rich history of community involvement teaching nutrition, and is a sought-after speaker for corporate organizations, civic groups, churches and wellness organizations.