

## Lorrie Medford, CN, CFT

An avid health researcher, Lorrie Medford has a B.A. in Communications and is a licensed Certified Nutritionist from The American Health Science University. She holds certification as a personal trainer from The International Sports Science Association (ISSA). She is a member of the Oklahoma Speakers Association and also serves on the Advisory Board for Standard Process, Inc. Lorrie has a certification in Practical Herbal Therapy from the Texas Chiropractic College. For more than 30 years, Lorrie has studied nutrition, whole foods cooking, fitness, herbs and motivation. A motivational speaker, she has a rich history of community involvement in teaching nutrition, motivation and healthy cooking. Lorrie is a sought-after speaker for groups as diverse as civic, church, and wellness organizations.

Lorrie is the nutritional consultant to the Miss Oklahoma organization and has counseled former Miss Oklahoma winners including: Casey Preslar 2002, Kelley Scott 2003, Elizabeth Kinney 2004 and Jennifer Warren 2005. She has also counseled Miss America 2006, Jennifer Berry. Lorrie is also the nutritional consultant for the Tulsa Oilers Hockey Team. Other clients include author Jim Stovall, Lisa McGuire, Mrs. Oklahoma 1996, singer and musician Yancy, saxophonist Jerome Lee, and pianist Daniel Kleefeld.

She has appeared in magazines, newspapers, television and radio, including: The Tulsa World, Oklahoma's Hidden Treasures, KDOR TBN, Joy In Our Town, TV 47, David Ingle's Road Show, TBN's Doctor to Doctor, LeSea Broadcasting Harvest Show, TCT Alive, The Jim Bakker Show and Lindsay Robert's Make Your Day Count.



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## Presentation Topics

Lorrie is available as your "health coach" for keynote and breakfast, lunch or after-dinner meetings. Her lively, humorous, high-content topics include:

**\*Why Can't I Eat Right?**

How to design a healthy diet

**\*Why Am I So Flustered?**

How to manage stress

**\*Why Am I So Grumpy?**

How to get more mental and physical energy

**\*Why Am I So Wacky?**

How to naturally eliminate the symptoms of PMS and menopause

**\*Why Do I Feel So Lousy?**

How to really get and stay well

**\*Why Can't I Lose Weight?**

How to lose weight naturally and safely

**\*Why Can't I Stay Motivated?**

How to get and stay motivated

**\*Why Eat Like Jesus Ate?**

How to get healthy following biblical nutritional principles

### Lorrie is the Author of:

Why Do I Really Need Herbs?

Why Can't I Lose Weight Cookbook

Why Do I Need Whole-Food Supplements?

Why Can't I Stay Motivated?

Why Can't I Lose Weight?

Why Do I Feel So Lousy?

Why Am I So Grumpy, Dopey and Sleepy?

Why Am I So Wacky?

Why Eat Like Jesus Ate?

**CN (Certified Nutritionist)** is a nationally-registered title granted to persons who have completed a specific and rigorous course of nutritional study.

**CFT (Certified Fitness Trainer)** is a nationally-registered title for completion of training as a personal trainer.

*"I can't thank you enough for speaking to our group today. We really appreciate all the great information you shared. You are a delightful public speaker and I will heartily endorse your speaking to other groups as occasions arise."*

**Susan Hammond, Art Source, Tulsa, OK**

**To book Lorrie or to obtain more information contact:**

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