



# Carolyn Coker Ross, MD, MPH

*Carolyn Coker Ross, MD, MPH* will enliven your next meeting or conference with her passion for combining **the best of both conventional and alternative therapies** in medical treatment.

Her enthusiastic and dynamic communication style make her a **uniquely qualified speaker and lecturer** on a host of intriguing topics at the forefront of medicine in the 21st century.

As a graduate of the Program in Integrative Medicine directed by **Dr. Andrew Weil**, Dr. Ross speaks authoritatively and compassionately about how to achieve healing on the deepest level possible.

She takes her audiences to new depths of understanding about the powerful role that a mind/body/spirit approach plays in healing and shares her many success stories with humor and thoughtfulness.

Dr. Ross' belief that **illness is a wake-up call to change** not only on the physiological and behavioral levels but also on the mental and spiritual levels is a compelling thread that runs through all of her speeches and seminars.

## Seminars and Speeches

- The Integrative Medicine Approach to Eating Disorders
- Binge Eating Disorder and Compulsive Overeating
- Shedding New Light on Depression and Anxiety with Integrative Medicine
- You Don't Have to be Sick to GET Healthy
- Seven Steps to a Healthier You
- Miracles: Inspiring Stories of Hope and Healing
- Balance the Scales by Balancing Your Life: A New Approach to Weight Management
- Complementary Alternative Medicine Approaches to Fibromyalgia and Chronic Fatigue Syndrome
- Self-Image and Aging

*Dr. Carolyn Ross is a pioneer in the use of Integrative medicine for the treatment of mental health issues and eating disorders.*

*-- Andrew Weil, MD, Physician and Best Selling Author*

Find out why Dr. Carolyn Ross is rapidly becoming the most trusted name in developing new approaches to medical treatment.

# About Dr. Ross

A physician, author, and nationally recognized speaker, Dr. Carolyn Ross is a graduate of the University of Michigan Medical School and an alumnus of Dr. Andrew Weil's Program in Integrative Medicine at the University of Arizona.

She also holds a master's degree in public health with an emphasis on international health. She has more than 20 years experience as a practicing physician specializing in women's health and integrative medicine.

Dr. Ross formerly served as the Head of the Eating Disorders Program and Head of Integrative Therapies at Sierra Tucson, an internationally respected treatment center in Arizona.

She has authored three books, including, "Miracles in Healing," which recounts her journey of self-healing while offering a mesmerizing exploration of alternative and complementary healing modalities, and "Healing Body Mind and Spirit: An Integrative Medicine Approach to The Treatment of Eating Disorders," which guides professionals in an integrative medicine approach to the treatment of eating disorders based on the highly successful program she developed at Sierra Tucson.

Her third book, "The Overcoming Binge Eating and Compulsive Overeating Workbook" will offer an interactive guide to healing from binge eating and compulsive overeating, and is due to be published in 2009.

Dr. Ross has a private practice in Denver, Colorado and is an acclaimed national speaker. She is a consultant for the eating disorders program at The Ranch near Nashville, Tennessee which specializes in treating multiply diagnosed patients (eating disorder, chemical dependency and trauma) using the integrative medicine approach she pioneered."

## Previous Speaking Engagements:

### CONFERENCES

American Medical Women's Association  
SUMMIT for Clinical Excellence  
NPACE  
American Association of Physician's  
Assistants  
Sharp HealthCare Annual Women's  
Symposium  
Sharp HealthCare Senior Symposium  
African-American Women on Tour  
Merck Pharmaceutical's National  
Midlife Women's Conference  
National Association of Professionals  
in Women's Health's Annual  
Conference  
Continuing Medical Education  
Associates  
IBC Conference on Integrative Medicine

### HOSPITALS

Kaweah Delta Hospital, Visalia, CA  
Glendale Memorial, Glendale, CA  
Sharp Hospital, San Diego, CA  
Scripps-Mercy Hospital, San Diego, CA

### NATIONAL ORGANIZATIONS

Council for Responsible Nutrition  
National Nurse Practitioners Association  
American Association of Physicians  
Assistants  
Night Nurses Association  
IBC Conference on Integrative Medicine  
National Association of Professionals in  
Women's Health  
National Medical Association  
Association of Professionals Treating  
Eating Disorders  
International Association of Eating  
Disorders Professionals Foundation

### INDUSTRY

Solar Turbines  
Qualcomm

### UNIVERSITIES

San Diego State University  
University of California, San Diego

## What People Say:

*Dr. Carolyn Ross is a pioneer in the use of Integrative medicine for the treatment of mental health issues and eating disorders. Her compassion and understanding bring hope to patients and family members whose lives are affected by these difficult problems by showing us that transformation and healing at the deepest level are possible.*

**Andrew Weil, MD**  
Physician and Best Selling Author,  
Leader in Alternative Medicine

*Dr. Carolyn Ross really knows how to deliver to an audience. After hearing her first presentation, I asked Dr. Ross to write a chapter on integrative medicine for the 3rd edition of my own book, "The Eating Disorder Sourcebook."*

**Carolyn Costin MFT, MA, MEd**  
Founder & Executive Director,  
The Monte Nido Treatment Center

*Carolyn Ross is one of the nation's leading experts on integrative approaches to eating disorders. A passionate and enlightening speaker, she brings creative solutions to challenging problems.*

**Victoria Maizes MD**  
Executive Director, Program in Integrative  
Medicine, University of Arizona; Associate  
Professor of Medicine, Family & Community  
Medicine & Public Health

*Dr. Carolyn Ross is a physician, healer, and heroine - someone who has taken a dangerous path, gained wisdom, and returned to share her knowledge with the rest of us.*

**Larry Dossey, MD**  
Author, The Extraordinary Healing Power of  
Ordinary Things

*Dr. Carolyn Ross is an excellent clinician and worked with some of the toughest patients at Sierra Tucson. Although she worked primarily as a clinician, she went to the extra effort of conducting outcome studies to follow the course of her patients treatment and the results of certain interventions. In doing so she was able to make improvements in the program and deliver the highest quality of care.*

**Michael Scott, MD**  
Former Medical Director  
Sierra Tucson  
Tucson, AZ

**Carolyn Coker Ross, MD, MPH**  
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Keynotes

Speeches

Seminars