

# Speaker-Author-Consultant

## Health, Wellness and You

Mary Kraemer, RN



**Mary Kraemer, RN** is a speaker, consultant, and author specializing in the area of health and wellness for over 20 years. Her areas of expertise lie in holistic integration and energy exchange. Mary believes that healing is an inside job and utilizes that principle as she supports her clients during their personal journey.

A series of personal and professional experiences guided Mary to discover and explore the mind-body-connection and its relationship to health-illness-wellness and inner wisdom which she now shares with her clients who want to feel better and be active participants in their healing process.

Mary travels the nation speaking on such topics as mind-body-energy integration for healing, the #1 secret for managing stress, and self empowerment strategies.

**Intuitive Consultant:** She uses her innate wisdom to see, feel, and shift energy blockages inside the body for greater wellness.

**Speaker:** Has traveled nationwide motivating her audiences and empowering them to achieve "self healing" and a richer life. Has also been a guest on a variety of Internet Radio Shows.

**Author:** Has self-published, *141 Tips for Healing When Life Throws You a Stress Curveball* and *Healing is an Inside Job: How to Accelerate the Process*.

**Life Coach:** Supports her clients by working with them on a weekly basis to help them implement her modalities and keeps them accountable through sensory awareness that the 'words they say' and the 'thoughts they think' can create inner conflict and affect the desired result.

**Energy medicine practitioner:** Ability to intuitively locate energetic disturbances in the body and restore systems that may be out of balance.

"Mary has the gift of transformative Communication."  
-- Lauren Holmes, Anthropologist/Futurist and  
Author of *Peak Evolution*

"I rely on her honest feedback, motivating challenges and genuine support in my personal growth. I highly recommend her to anyone looking for a coach, mentor, speaker or facilitator particularly in the areas of self improvement, positive life supporting perspectives, and health and well being."  
-- Cheryl Bakke-Martin, President, Inspirations Unlimited

"Mary has shared her interesting combination of skills and innate abilities that she has developed during her lifetime of self-discovery and her commitment to personal growth. Her exceptional personal coaching enabled me to understand how to reach my goals, in very specific areas. Mary helped me to create pathways out of disorganization and frustration." -- Gregory Gounah

**Partial Corporate Client Listing:**

- Baylor Hospital, Richardson, TX
- Grapevine/Colleyville, TX School Nurses
- Texas Health Resources, HEB
- Inspirations Unlimited
- Nicole Mizoguchi, Artist
- Overtones Bookstore
- Life Success
- The Chiropractic Health Center
- eWomenNetwork, Louisville, KY

**Call today and schedule Mary for your program!**

**Mary Kraemer, RN**

**Toll Free 888.214.5023**

Phone 888-214-5023 \* Fax 513-271-1627 \* mary@healthwellnessandyou.com  
www.healthwellnessandyou.com \* www.healingisaninsidejob.com