



## Public Speaking Topics

1. **The Pizza Trap:** The Not-so-Gradual Demise of Your Child's Health and What You Can Do About It
2. **Is Your Kid a National Statistic?** How to Combat the Exponential Rise in Asthma, Allergies, Asthma and Food Additives
3. **Eat Yourself Skinny:** Does It Really Make a Difference if I Eat Organic?
4. **Is Your Child A Green Bean or a Tater Tot?** A Guide for Busy Moms on How to Get Their Kids off Junk Food and make Practical Solutions for Healthy Eating in a Fast Food World.
5. **Simple Green Living:** You Are What You Eat, Sleep and Breathe, So What Are YOU? The 3 Simple Steps to Having A Wellness Home.
6. **Sugar: Why It's Not So Sweet**
7. **Is Your Body a Living Pesticide Factory?** The Dangers of Feeding Your Family Genetically Modified Foods and How to Avoid Them
8. **Why Most of Our Country is Hooked on Acid** (and they don't even know it)

## 9. **ADHD and NDD:** How Nutrition Deficit Disorder Affects Your Child's Learning, Behavior and Health, and What You Can Do About It — Without Drugs\*

\*Adapted from Dr. Sears L.E.A.N certification training

### About Gabrielle Welch and Welch Wellness



Welch Wellness, founded by Gabrielle Welch, educates, supports and inspires women and children to help prevent disease and embrace a life of wellness through nutrition, green living and life balance. Gabrielle's passion is to empower moms with the knowledge to make better choices when it comes to cooking, buying groceries, choosing natural products for their home and their families and especially eating on- the- go.

Most of my clients are busy moms, who know they are not doing all they can for their family's health and seek help from an expert who can give them guidance and support to achieve their goals. Welch Wellness' **Real Food Family Balance System** helps busy moms get their kids off junk food and make healthy eating easy, fun and convenient. The **Simple Green Living** program teaches moms how to avoid and eliminate toxins that go in, on and surround their children's bodies to help prevent and reduce allergies, asthma and other increasingly common childhood epidemics.

Gabrielle is a **Certified Holistic Health Counselor** and graduate of the **Institute for Integrative Nutrition** and has a **Nutritional Consultant** degree from **The Global College of Natural Medicine** as well as an **MBA** from **Baylor University**. Gabrielle is a well known public speaker and the

soon to be published author of **How to Get Your Kids (and grandkids!) Off Junk Food**, and has been a regular guest of *Great Day Houston's* Deborah Duncan as their nutritional expert on the show as well as appearing as a guest speaker on KETH-14's *Joy in Our Town*.

**Please contact Gabrielle at [Gabrielle@welchwellness.com](mailto:Gabrielle@welchwellness.com) or 281.541.3557 for more information on her services.**