



Dr. Joan Kent

## Joan Kent, Ph.D.

### SPEAKING TOPICS

#### TRANSFORMATION THRU FOOD

Joan's Keynote speech features very cool stuff about food and sugar that most people don't know. Find out why everything you've heard about sugar cravings is wrong, and how sugar affects appetite, health, autism and more.

#### EATING FOR MAX PERFORMANCE

No one puts more fun in the Food / Brain Chemistry connection than Joan! Max performance means optimal health, fitness, energy, productivity, moods & sleep. Discover how to make all of that happen – and feel great – in this enjoyable and empowering talk.

#### YOUR MOTIVATION MINDSET

This uplifting presentation challenges prevailing views of motivation, generates enthusiasm, and outlines a plan for coaching yourself to a healthier life.

*(Additional topics available)*

#### ABOUT JOAN KENT

Joan Kent is a dynamic speaker who specializes in making nutrition talks interesting!

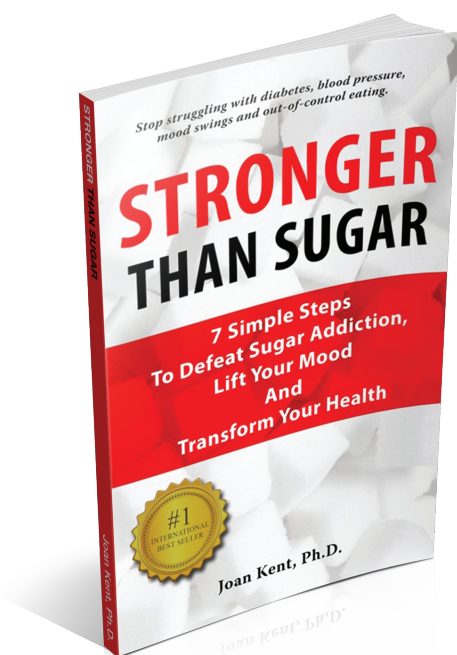
Joan uses food to change brain chemistry and hormones. She helps her clients reverse health problems, mood issues and autism, and excels at helping clients defeat sugar addiction.

Using humor and plain language, Joan makes complex topics easy. She offers simple, effective nutrition suggestions for common but serious health conditions.

#### A FEW HIGHLIGHTS

- #1 International Best-Selling author, *Stronger Than Sugar*
- Presenter/teacher for over 2 decades
- International webinar presenter for Krankcycle® master trainers
- Circle of Scholars doctoral nominee
- Designer of Microsoft obesity-control program
- Designer of nutrition protocol for veterans with PTSD and mood disorders
- Published in *Journal of Chiropractic Education* & *Journal of the American College of Nutrition*

#### CALL TODAY FOR JOAN'S AVAILABILITY!



## SPEAKING ENGAGEMENTS

Security Pacific Leasing Corp. (BankAmerica)  
IDEA International Convention  
San Francisco Ballet  
Hewlett-Packard  
Apple Inc.  
Fitness Resources Conferences  
Woodruff-Sawyer Inc.  
Farella, Braun & Martel  
The Body Revival  
Inst. for the Advanced Study of Human Sexuality  
California Academy of Sciences  
LumaSense Technologies  
Workrite Ergonomics LLC  
Superior Court of Alameda County  
Children's Hospital Research Center  
Alain Pinel Realtors  
Align Technology, Inc.  
DiaDexus  
California Healthcare Foundation  
Sequoia Hospital  
And More!

## WHAT PEOPLE ARE SAYING

"Joan Kent is an outstanding presenter. She is dynamic and engaging, articulates clearly, is accessible for questions, and can speak to audiences with a wide range of education and experience. Joan is one of our most often-requested presenters."

— CLAREMONT EAP

"Dr. Kent's ability to relate warmly to people and deliver clear, well-paced lectures on complex topics is underscored by the fact that she was twice selected as "Teacher of the Quarter."

— LIFE CHIROPRACTIC COLLEGE WEST

"Dr. Joan Kent is an inspirational and gifted presenter – considerate, professional, dedicated, and committed to sharing her knowledge. Her background and industry experience enable her to present to all people."

— KRANKCYCLE®

"Joan thoroughly enjoys presenting. Her background and experience make her very effective."

— PERFORMANCE MAX

"You are a wonderful teacher. Your enthusiasm is contagious."

— J.A.

"Your "winging it" when needed was spectacular. You changed several lives. They got a taste of the unique approach to nutrition that you deliver so brilliantly."

— A.C.

"Dr. Kent, I must say: You are The Bomb!!! You are an effective, engaging and powerful deliverer of information."

— R.C.



<https://www.facebook.com/FoodAddictionSolutions>



<https://www.linkedin.com/in/JoanKentPhDSugarAddiction>



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