



Kerry M. Pittman, ND is a Los Angeles celebrity naturopath, energy medicine practitioner, and author of *The Tequila Diet*. She specializes in whole health makeovers at her private Wish U Wellness practice. These wellness transformations blossom after awakening one's inner healing source by addressing the needs of the body, mind, and spirit. With 15 years of experience, Kerry's regular clients include writers, producers, performers, lawyers, and entrepreneurs seeking to boost their brain power and focus, address nagging symptoms, aide weight loss, maintain youthfulness, and perform at their best.

Not your "traditional" Naturopath, Kerry shakes up the weight loss world with her book, *The Tequila Diet*. The idea was born after realizing that the majority of her clients consumed alcohol. Kerry realized that when she drank tequila instead of wine or other alcohols, she noticed a substantial difference in the effect on the body. This began a study of the benefits of alcohol and tequila. Tequila studies lead Kerry to the ancient Mayans of Mesoamerica who possessed a mysterious and remarkably high level of wisdom thousands of years ago and were among the first to produce and consume tequila's cousin, pulque.

This diet is distinctive because it factors in the benefits of moderate alcohol consumption; in particular the unique qualities of tequila. Much more than a weight loss plan, it is a lifestyle of enjoying your best life. It is a marriage of age old Mayan wisdom and modern day health breakthroughs.

Kerry has 15 plus years of experience in energy medicine and uses a modernized version in her holistic health practice. Utilizing Functional medicine and cutting- edge bio-energetic testing technology, she is able to scan for energetic disturbances non- invasively. Research concerning bio-energetic testing has been well documented in university studies using various methods of traditional diagnostics. These methods have shown effective in not only helping to identify and correct pre-clinical disorders and symptoms, but also in reducing or even reversing morphological and pathological deterioration.

Coupling energy medicine with practicality, insight and passion, Kerry's mission is to help improve the health and happiness of this busy, stressed planet by sharing current proven therapies and powerful healing secrets inspired by our ancestors.

Kerry lives in Santa Monica, California with her husband Shaun and is engaged in ongoing studies of tequila, spirituality, breaking health research, and ancient Mayan Medicine.