



# Carolyn Coker Ross, MD, MPH

## Seminars & Speeches

### Carolyn Coker Ross, MD, MPH

Dr. Carolyn Coker Ross is an internationally known author, speaker, expert and pioneer in the use of Integrative Medicine for the treatment of Eating Disorders, Obesity and Addictions. She is a graduate of the University of Michigan Medical School and an alumnus of Andrew Weil's Fellowship Program in Integrative Medicine. She is board certified in both Addiction Medicine and Preventive Medicine. She is the former head of the eating disorder program at internationally renowned Sierra Tucson. Dr. Ross is a consultant for treatment centers around the US wanting to incorporate eating disorder treatment services or to build eating disorder and addiction programs. In her private practice, Dr. Ross sees patients in Denver and San Diego specializing in treating eating disorders, addictions, mood and anxiety disorders and obesity. Dr. Ross is the founder and CEO of The Anchor Program, which is an international online coaching program for obesity, food addiction and binge eating disorder that helps take recovery from food and eating addiction to the next level.

#### Food Addiction vs. Binge Eating Disorder

In this workshop, Dr. Ross will explore the neurobiology of food addiction and binge eating disorder and will also address how food has changed in ways that may make it more likely to promote addictive behaviors. The workshop will address food cravings and their relationship to food addiction and BED and will discuss the overlap of characteristics between food addiction and BED.

#### Healing the brain, body and spirit in co-occurring addictions and eating disorders

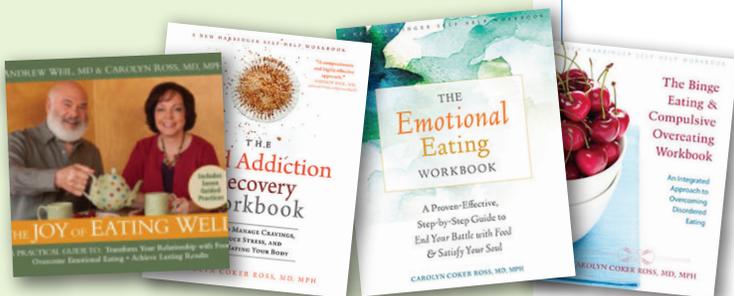
Eating disorders (ED) and substance use disorders (SUD) co-occur in many individuals. This workshop emphasizes the importance of treating ED and SUD simultaneously as well as treating the underlying neurobiological, physical and traumatic causes of both. Dr. Ross will offer a specific integrative approach to heal brain, body and spirit.

#### Integrative Medicine Approaches to Obesity

The statistics are overwhelming. Sixty-five percent of Americans are either overweight or obese. Despite the "war on obesity," these numbers have continued to increase over the last two decades. More Americans than ever express confusion about what to eat, when to eat and how much to eat. In this seminar, Dr. Ross will discuss the truth about health risks associated with obesity, why no food is bad food and how to deal with food cravings. She will also discuss integrative medicine therapies for obesity including ways to heal the gut, the use of herbs, vitamins and alternative therapies.

#### The Healing Power of Integrative Medicine

Integrative medicine can be a powerful healing modality for common health issues such as insomnia, depression and anxiety. Dr. Ross will give practical advice on common uses of integrative modalities such as acupuncture, herbal medicine and body-centered therapies. This talk also will offer nutrition advice for lowering inflammation in the body, managing cravings, coping with stress and combatting fatigue.



### Connect with Dr. Ross



# 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*

Dr. Carolyn Ross' health information seminars and workshops were standing room only with both consumers and patients. Her programs offered outstanding, current and relevant health information, created lively discussions and left consumers asking for more. Dr. Ross delivered quality programs that gave them the straight facts.

*Leslie Anne Mogul, President, Project Works*

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 Maiques MD*

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



Illness is a call to action, a call to go beyond behavior change toward complete transformation.

~ Carolyn Coker Ross, MD, MPH

# Book Dr. Ross



- To learn an integrative medicine approach to the treatment of eating disorders, obesity and addictions
- To understand why healing from addictions and eating disorders requires getting to the core issues beneath the problem

- To understand the powerful role that a mind/body/spirit approach plays in healing
- To learn new integrative medicine techniques you can use with your clients right away to help them heal on the deepest level possible

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## Previous speaking engagements

- International Association of Eating Disorder Professionals (iaedp)
- Integrative Medicine for Mental Health (IMMH) Conference
- Healing and Treating Trauma, Addictions and Eating Disorders Conference (Canada)
- U.S. Journal Conference
- SUMMIT for Clinical Excellence
- Why Can't I Stop Overeating? (Workshop in London)
- Eating Disorder Coalition of Tennessee
- ANAD Annual Conference
- Lifestyle Intervention Conference
- Foundations Conference
- Nutrition and Health Conference
- Bellwood Health Services Symposium (Canada)
- Colorado Integrative Medicine Conference
- Southeastern Eating Disorder Conference
- US Air Force Academy
- Arizona Women's Conference
- American Medical Women's Association Conference