

Dr. Kathleen A. Hartford

*Author of Fit Fun and Fabulous, Radio Host, International Speaker,
Licensed Wellness Practitioner, CEO Health Pyramid, Founder Sister Support*

Fit, Fun and Fabulous Company Leaders

Dr. Kathleen A. Hartford

For more than two decades, Dr. Kathleen A. Hartford has treated and nurtured thousands of individuals through her integrated wellness approaches. As patients reclaim their health, she coaches them on how to maintain their youthful vitality with practical guidance on nutrition, exercise and stress management.

She is the author of ***Fit, Fun and Fabulous at Any Age*** which, along with its companion journal and cookbook, creates a lifestyle approach that reverses the biomarkers of aging.

Dr. Hartford, the president and founder of Health Pyramid Longevity and Vitality Center in the Pittsburgh suburb of Natrona Heights, Pennsylvania, is also the founder of the philanthropically based Sister Support organization, which is dedicated to improving the lives of women through education, self-knowledge and sharing.

Dr. Hartford's practice is based on balancing the five aspects of health: emotional, neurological, biochemical, bio-energetic, and spiritual. She has been an integrated healthcare practitioner since graduating from Sherman College of Straight Chiropractic in 1986. She graduated from the University of Pittsburgh in 1978. She has logged thousands of postgraduate hours studying Chinese medicine, functional nutrition, and neurological repatterning, and tens of thousands of hours applying this knowledge to enhance patients' lives. She has received numerous certifications in these techniques, including a Healthy Aging, Actual Age Certification.

Dr. Hartford enjoys sharing information through her podcasts and her blog, *Ramblings of a Mad Woman*. She speaks all over the world to promote understanding among the healing disciplines and to help individuals reclaim their health. Her newest mission is to create a band of grass roots certified **Fit, Fun and Fabulous** coaches.

Melody Pierce

Melody was 150 pounds overweight when she began seeing Dr. Hartford. Little did she know that walking through the door of Dr. Hartford's office that first day would change her life forever! She was diabetic, exhausted, and depressed, but very motivated to change her unhealthy habits.

What brought her to this point was an unfortunate accident. A caterer and event planner, Melody had slipped on a puddle of water and shattered her leg. Because of numerous complications, she was in a cast up to her hip for three years! Wheelchair-bound, she became overweight and depressed. Also during that time, her marriage ended.

When she graduated to an air cast, she decided to become a patient of Dr. Hartford's office. She told Dr. Hartford, "I am dying and I need you to help me." Melody says Dr. Hartford provided physical and emotional support that saved her life. Through chiropractic care, a shoulder to lean on, and an integrated health and nutrition program called **Fit, Fun and Fabulous** (www.drhartford.com), developed by Dr. Hartford, Melody lost more than 150 pounds, is full of energy, is off all her diabetes medications, and now works at the office that saved her life! Today she helps to run Health Pyramid, and hopefully assist others in saving their lives, too! In fact, she became a certified organic chef and wrote ***Fit, Fun and Fabulous Food: Healthy Meals Your Body Will Love***.