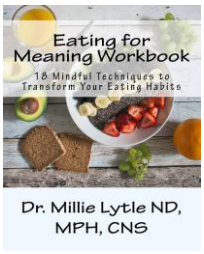
Have Dr. Millie Lytle Speak
The 'Body Knows' Speaker
At Your Next Event



Inspiring Quote:

"I am a human guinea pig and a professional dilettante."

*- **Tim Ferriss***

It's your choice. You can choose whomever you want for your next event. And when it's over, what do you want your attendees to say?

Do you want to hear that you just hired another 'dull' speaker in their opinion? Or do you want them fired up, making REAL changes in what they do and singing your praise?

If you want high-fives and happy attendees, then choose Dr. Millie Lytle for your next event. She is known for her true heart for people making real changes in their health and self-care.

It does not matter if your Audience is 5 or 500, Dr. Millie Lytle will leave them Excited and ready for more!

Sample Keynote / Training Topics . . .

- ✓ ***When the Fun Stops: Bending, Not Breaking in the Face of Burnout***
- ✓ ***Doing or Thinking? That is the Question***
- ✓ ***Use the S.E.L.F. Formula to Achieve Success***

Meet Dr. Millie Lytle:

Dr. Millie Lytle was born and raised in New Brunswick, Canada, and now lives in Apollo Beach, FL with her partner Justin of five years and her dog Peanutbuster. She graduated with undergraduate degree in sociology / women's health from the University of Toronto, a Doctorate of Naturopathic Medicine from the CCNM, and a master's in public health from Hamburg, Germany. She held key clinical roles at the S.T.A.R.T. Clinic and Mount Sinai/Beth Israel Integrative Primary Care program. Dr. Millie Lytle founded Eating for Meaning LLC, a wellness practice for women and men that are unable to find medical relief for their symptoms. She is the author of 'Your Guide to a Life-Changing Relationship with Food,' the host of InVite Health Radio and served as a medical consultant for Google's Gemini AI.

Dr. Millie Lytle's journey began as a child when she lost her closest aunt to cervical cancer. At the age of 20, she was diagnosed with a milder form of the same condition and was told she would need to have a hysterectomy and never have kids. She decided right then that there must be another option. Looking for alternatives, she found the community of Naturopathic Doctors who developed natural protocol that helped her heal in a little as four months. Dr. Millie Lytle has made it her mission to help men and women to heal their symptoms without invasive surgery or conventional medications.

Dr. Millie Lytle now travels the world to in person and online events helping men and women both personally and professionally address the burnout epidemic among founders, healthcare workers, and corporate leaders who have been conditioned to silence their physical intuition. She uses her own methodology for them to create sustainable selfcare and achieve peak performance in health, happiness and success in all they do.

Despite her extensive education and experience, Dr. Millie Lytle remains humble, authentic and a very engaging speaker.

In a Nutshell, Dr. Millie Lytle Delivers!



Dr. Millie Lytle

Official Website
www.drmillie.com
For Booking Info:
347-466-8529
drmillie@drmillie.com

Testimonials for Dr. Millie Lytle:

"Dr. Millie is probably one of the sharpest and most articulate speakers I've ever seen. She comes with a background of knowledge, not only in the medical field, but also, in the human field. She just knows how to connect well with an audience and with people. I've seen her speak on many occasions and I'm always just blown away by how she takes the information that sometimes can be hard to digest, when it comes to medical speak, and can distill it down in such a way that she really gets her point across and the audience understands. She's fun, she's engaging, she's cool. I cannot recommend Dr. Millie enough when it comes to having someone as your speaker or go-to-see speak, that does it much better. I'm a big fan of Dr Millie Lytle."

Larry Rogowsky, author of The Urban Body Fix: Everything In Moderation