



# DR. KENNETH R. PELLETIER

## ● INTEGRATIVE MEDICINE PIONEER

*"We are not victims of our genetic code. We are, in fact, masters of our fate."* — Dr. Kenneth R. Pelletier

For Media Inquiries:

suzanna@inspiringpromotions.com

Website

[drpelletier.com](http://drpelletier.com)

2025

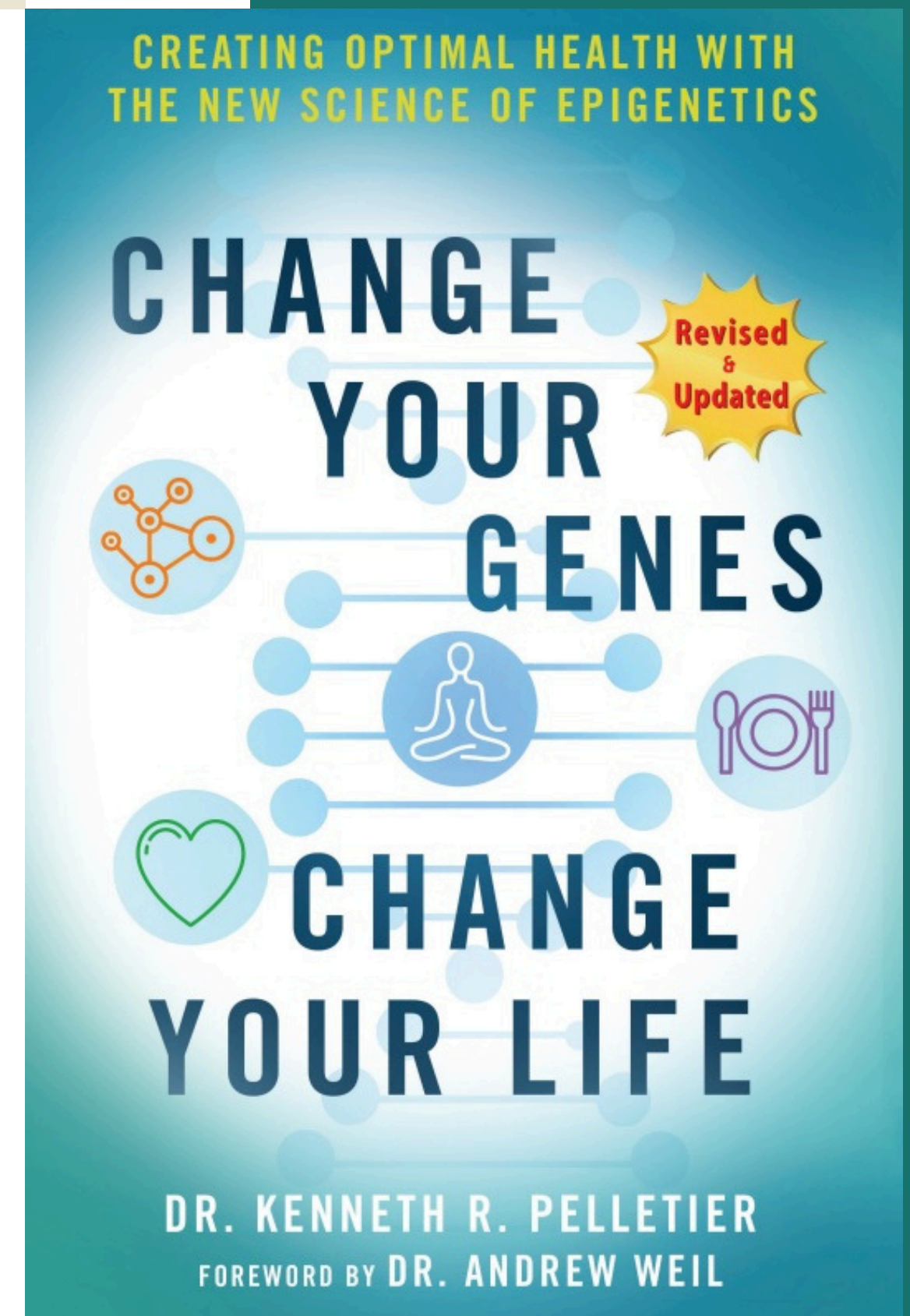
# DR. KENNETH R. PELLETIER

INTEGRATIVE MEDICINE PIONEER

*New York Times* Bestselling Author, Dr. Pelletier is the author of 15 books, including the international bestseller *Mind as Healer, Mind as Slayer* (1977, revised 1992), and *Change Your Genes – Change Your Life: Creating Optimal Health with the New Science of Epigenetics*.

Currently, Kenneth R. Pelletier, PhD, MD is a Clinical Professor of Medicine, Department of Medicine; Department of Family and Community Medicine, and Department of Psychiatry at the **University of California School of Medicine (UCSF)** in San Francisco and former Clinical Professor of Medicine at the **Stanford School of Medicine**.

He has published over 300 professional articles and has appeared on **Dr. Oz, ABC, CBS, CNN, NBC, and the BBC** to discuss his research.





# DR. KENNETH R. PELLETIER

## INTEGRATIVE MEDICINE PIONEER

---

At the UCSF School of Medicine, Dr. Pelletier is also the Director of the Corporate Health Improvement Program (CHIP), a collaborative research program between CHIP and 15 of the Fortune 500 corporations including Apple, Ford, Oracle, Prudential, Dow, Lockheed Martin, PepsiCo, IBM, American Airlines and NASA.

Dr. Pelletier is a peer reviewer for several medical journals, including the *Journal of Occupational and Environmental Medicine* and also serves as Chairman of the American Health Association (AHA) and is a Vice President with American Specialty Health (ASH).





# SPEAKING & MEDIA

## INTEGRATIVE MEDICINE PIONEER

Dr. Kenneth R. Pelletier (pronounced *pell uh teer*) is a renowned speaker, *New York Times* bestselling author, and sought after for his expertise in integrative medicine, epigenetics, longevity, reversing the aging process, and more.

Dr. Pelletier has appeared on media throughout the world and continues to inspire and educate audiences around the globe.





# TOPICS

## SPEAKING, DISCUSSION & INTERVIEW TOPICS



01

### Discover How Your Genes No Longer Dictate Your Destiny

Dive into the world of transformative healthcare with Dr. Pelletier as he shares groundbreaking insights from his latest book, *'Change Your Genes, Change Your Life.'* Explore the paradigm shift where genes no longer dictate destiny and discover the practical applications of epigenetics for optimal health.

DR. KENNETH R. PELLETIER



02

### What Should I Be Eating, Consuming, & Doing in 2024 to Live a Long & Healthy Life? (Trend Alert)

Explore the latest food trends for 2025, from buckwheat to camel milk, as experts predict a shift in culinary choices influenced by the science of epigenetics. Uncover how our DNA no longer dictates our diets and delve into the virtuous and indulgent tracks emerging in parallel. Discover the trends shaping the way we eat.



# TOPICS

SPEAKING, DISCUSSION & INTERVIEW TOPICS

DR. KENNETH R. PELLETIER



03

## Uncover the New Era of Personalized Medicine for Optimum Health & Longevity

Join Dr. Pelletier in envisioning a future where personalized medicine becomes the standard. Uncover how genetic biomarkers and epigenetic insights are reshaping healthcare, providing tailored recommendations for individuals seeking optimum health and longevity.



04

## Living Beyond 100: The Divine Dozen Secrets of Long-Lived People

Discover the divine dozen longevity factors to live beyond 100. From embracing a Mediterranean Diet, to having no fear of death, Dr. Pelletier reveals the twelve key ingredients to a long-lived life. Consistently far ahead of his time, Dr. Pelletier has been highlighting this topic for over 40 years.



# TOPICS

## SPEAKING, DISCUSSION & INTERVIEW TOPICS

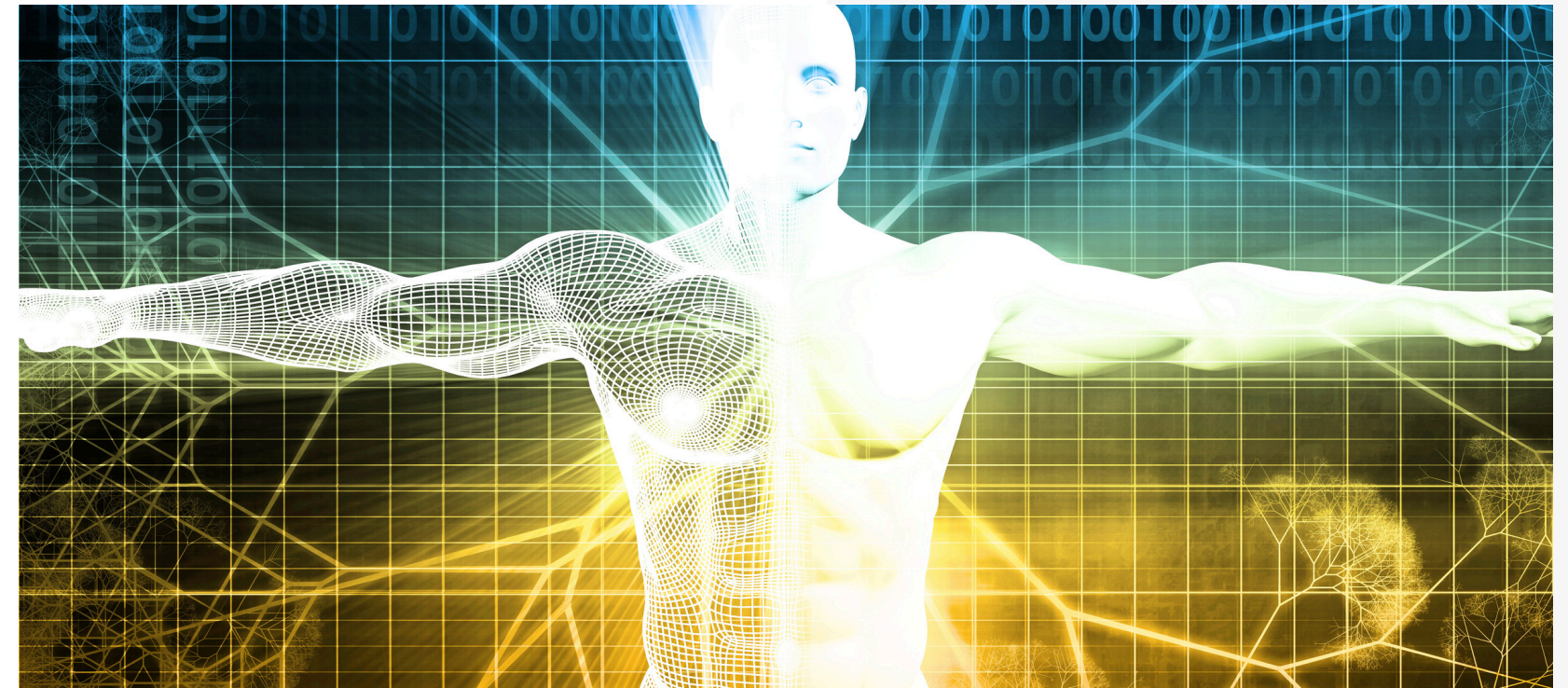


05

### A Masterclass on Epigenetics and the Future of Medicine with Dr. Pelletier

Examine the global influence of Dr. Pelletier's work on epigenetics. From his role as Founder & Chairman of the Corporate Health Improvement Program (CHIP), to collaborations with major corporations and international health organizations, witness the ripple effect of his insights on the future of healthcare worldwide.

DR. KENNETH R. PELLETIER



06

### Receive the Roadmap to Reversing & Decoding Aging

Dr. Pelletier discusses the positive effects of diet, nutrition, physical activity, stress management, meditation, social support and a toxin-free environment. Gain insights into reversing damage to telomeres (the markers of aging) and achieving healthy aging and longevity. Pelletier offers a roadmap to a sound mind and body, grounded in the latest research in integrative medicine.



# TOPICS

## SPEAKING, DISCUSSION & INTERVIEW TOPICS

DR. KENNETH R. PELLETIER



### 07 The Longevity Code: Dr. Kenneth R. Pelletier Unveils the Secrets of Epigenetics

Renowned integrative medicine pioneer Dr. Kenneth R. Pelletier unveils groundbreaking insights in his latest book, *'Change Your Genes, Change Your Life'* challenging the belief that our biology is our destiny. **Discover how our inherited DNA doesn't rigidly dictate health outcomes and explore the dynamic nature of our genes. Dr. Pelletier guides us through the era of epigenetics, revealing how lifestyle choices influence genetic expression.** From preventing heart disease to managing stress, delve into the potential for personalized medicine. State-of-the-art genomic assays and microbiome assessments promise a future where precise health choices are informed by our unique genetic profiles.



# TOPICS

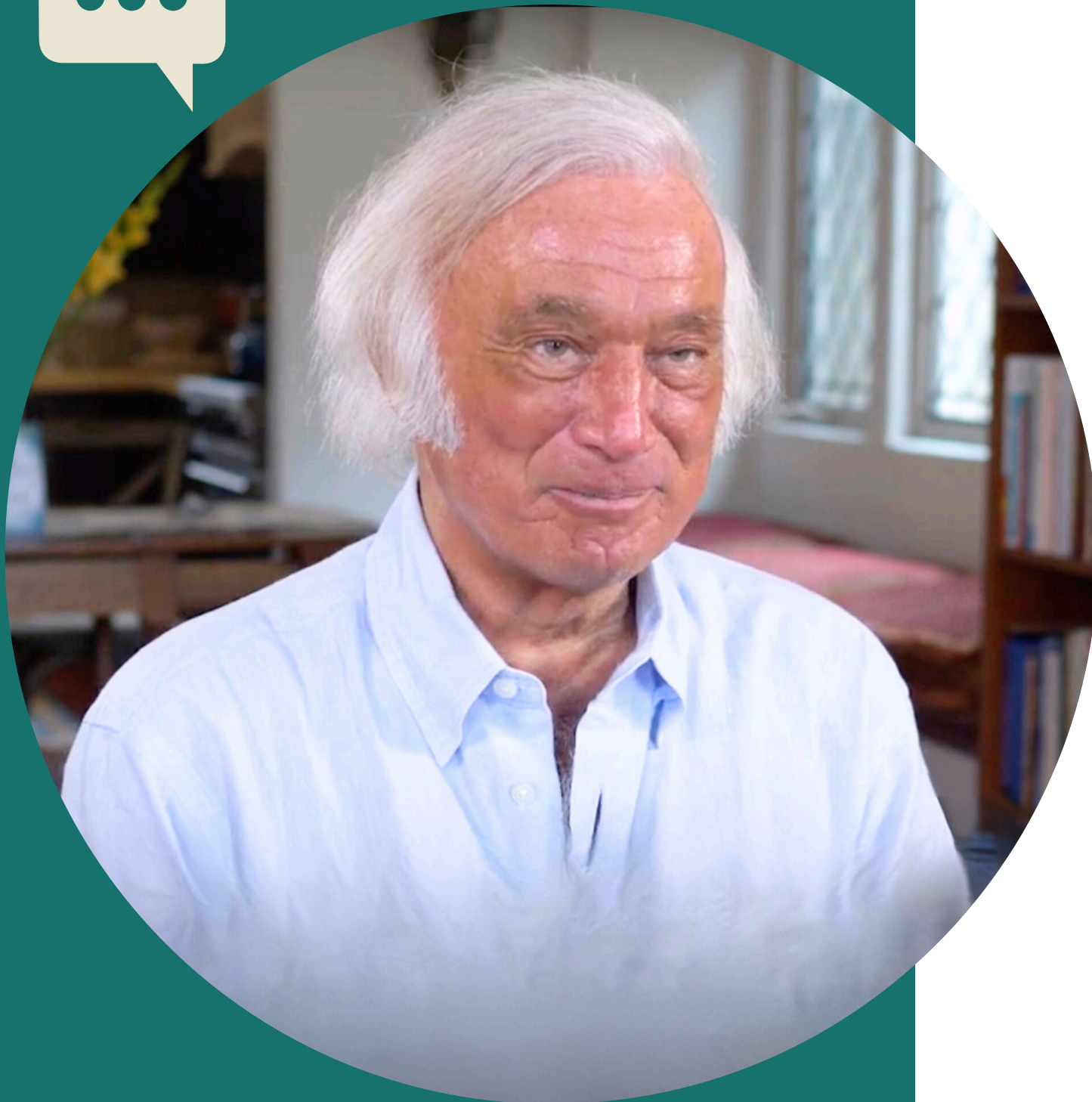
SPEAKING, DISCUSSION & INTERVIEW TOPICS

DR. KENNETH R. PELLETIER



## 08 A Blueprint for a Long & Healthy Life: The Epigenetic Revolution

Step into the forefront of health innovation with Dr. Kenneth R. Pelletier's latest book '*Change Your Genes, Change Your Life*,' which offers a blueprint for a lifetime of vitality and longevity. Challenge the notion that genetics determines destiny as Dr. Pelletier demystifies the era of epigenetics. **Uncover the power of lifestyle changes in optimizing individual health, guided by personalized genomic data and microbiome assessments.** From reversing diseases to embracing radiant wellness, explore how managing the biochemical effects on our genome opens doors to the future of personalized medicine.



[VIEW VIDEO](#)

# DR. KENNETH R. PELLETIER

## VIDEO

---

In his book, *Change Your Genes, Change Your Life*, World-renowned integrative medicine pioneer and *New York Times* Bestselling Author, Dr. Kenneth R. Pelletier **reveals** steps each of us can take to change our genetic expression for a lifetime of vitality and longevity.

Dr. Pelletier explains what will soon become the standard reference for measuring which specific lifestyle changes are required to optimize a given individual's health and **open the door to what futurists call personalized medicine.**



# ACCLAIMED BOOK PRAISE

DR. KENNETH R. PELLETIER



Mark Hyman, MD, #1 NYT Bestselling  
Author of *Food: What the Heck Should  
I Eat?* and the Director of the  
Cleveland Clinic Center for  
Functional Medicine

"If you have ever worried that the genetic hand you have been dealt determines your destiny, worry no more. Dr. Kenneth Pelletier's new book, *Change Your Genes, Change Your Life*, redefines your genes from something you are stuck with to something you have profound influence over by the choices you make every day – how you eat, sleep, move, relax and the environment you live in. If you want to be empowered to be the expression of yourself, read this book."

# ACCLAIMED BOOK PRAISE

DR. KENNETH R. PELLETIER



Deepak Chopra, MD, Founder of the  
Chopra Center; Clinical Professor of  
Medicine

“The future of healthcare will be  
preventable, personalized,  
predictable, and participatory.  
Read this book to find out how.”



# FROM THE BOOK FOREWORD

DR. KENNETH R. PELLETIER



**Dr. Andrew Weil**  
**NYT Bestselling Author, Holistic &**  
**Integrative Medical Pioneer**

"Dr. Kenneth R. Pelletier's intent has always been to lead us to discover what more each of us can do to make healthier choices. While the right equation may not be "mind over matter," it is profoundly true, as Ken likes to say, that our mind matters! That's why in this book he asks this crucial question: *"What does epigenesis tell us about our own untapped potentials and our self-limiting beliefs?"*

Answering it, and coming up with health-optimizing practices based on that answer, is a central purpose of this effort."



# THANK YOU

- For media inquiries regarding Dr. Kenneth R. Pelletier, please reach out to Suzanna via email at: [suzanna@inspiringpromotions.com](mailto:suzanna@inspiringpromotions.com).