



## Melanie Dorion, NP

Founder & Medical Director, SanaVi Health

*"I believe optimal health and peak performance are the norm, not the exception."  
-Melanie*

Booking Information:

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*Have a specific topic in mind? Inquire about Melanie's custom talks.*



[www.sanavihealth.com](http://www.sanavihealth.com)

# Optimizing Health and Performance.

Melanie Dorion, NP is passionate about educating and empowering individuals to optimize their health and performance. She is an Integrative and Functional Nurse Practitioner, founder and Medical Director at SanaViHealth and founder of Pentad Integrative Health. Melanie focuses her work on managing and reversing chronic illnesses, disease prevention and health optimization. Her approach is grounded in nursing, Functional and Naturopathic medicine philosophies. As a health educator she teaches patients and healthcare providers at events for Genova Diagnostics, American Academy of Anit Aging Medicine, Biohealth Congress FIM. She is also a regular speaker at Mary Baldwin University in addition to leading health workshops and Functional Forum meetings for local practitioners in Central Virginia.

Invite Melanie to speak at your next health fair, employee wellness day, workshop or community event. Her educational talks provide valuable health information with practical and readily available solutions to support optimal health. Melanie believes the best learning occurs when attendees take on an active role and therefore suggests planning for at least 90 minutes total with 45-60 minutes for the presentation and 25-30 minutes for active learning, hands on exercises and questions.

## Speaking Topics:

### *Gut Health - Essential to Good Health*

Did you know that much of your immune system is in your gut? Or that your mood, thoughts and emotions are directly connected to your digestive system?

Your digestive system does much more than simply digest our food; it is an integral part of your immune system, it produces hormones, regulates inflammation and is critical to detoxing your body. This workshop will review how your digestive system, your "gut," impacts many aspects of your lives. We will consider the links between your gut and the immune system, autoimmune diseases, mood, weight and detox. We will also discuss how to recognize imbalances, even in the absence of digestive symptoms, and how to correct these imbalances.

In this talk, Melanie Dorion, NP will:

- Introduce concepts of gut health and links to the immune system, mood, weight
- Address how your gut could be considered your "2nd brain"
- Explain why gut health is essential to good health

You will leave with practical solutions on how to support gut health, because it is, after all, essential to good health.

### *How Everyday Products Affect Your Energy, Hormones & Weight*

Did you know that toxins in your environment impact your hormones and your overall health?

Our planet is becoming more toxic. The U.S., due to a lack of regulations, allows many chemicals and environmental exposures that are elsewhere banned in the World to enter every aspect of your life from Wi-Fi to beauty products. Not surprisingly, paralleling the rise in environmental toxins is a rise in chronic diseases including hormonal imbalances, fatigue, inflammation, obesity and cancer. Given that toxins may contribute to chronic illnesses, you, the consumer, must be savvier than ever. This creates a crucial need for a better understanding of what these chemicals are and how they enter your everyday life.

In this talk, Melanie Dorion, NP will:

- Identify chemicals that could be around you in everyday life and mess with your hormones (endocrine disrupting chemicals)
- Discuss how toxins negatively impact your health and may lead to fatigue, weight gain and thyroid issues
- Address solutions to reduce and remove chemicals from your day to day environment

You will leave with practical solutions to improve your health and environment.

### *Achieving and Maintaining a Healthy Weight Naturally*

Are you frustrated with not being able to maintain a healthy weight even when doing "everything right?" Have you been told to "eat less and exercise more" when that equation has only caused you to gain more weight? Have you tried all the best diets, lost weight only to regain all of it plus some as soon as you stopped?

These scenarios are all too common and the solutions are rarely to "eat less and exercise more." Many trendy diets and diet programs, especially low caloric diets, may lead to more harm and imbalances long term. There are no secrets, magic diets or perfect exercise plans to achieving and maintaining a healthy weight. Many dietary choices may work if implemented long term. Cravings may give us insight into hormonal imbalances. Your brain and emotions may be getting in the way of long-term success. It takes a comprehensive, personalized approach to be successful.

In this talk, Melanie Dorion will:

- Address why secrets, magic diets or perfect exercise plans don't work
- Review weight gain causes
- Discuss everyday solutions for long term success

You will learn real and scientific based solutions, no gimmicks, no program, no product placement.