



# LESLIE KORN INSTITUTE FOR INTEGRATIVE MEDICINE

“CHANGE YOUR MOOD  
WITH YOUR FOOD”

Dr. Leslie Korn.com

Harvard Medical School-trained integrative medicine doctor –international speaker on Mental Health Nutrition, Culinary Medicine, Traumatic Stress and Multicultural Health.

## AUTHOR OF 9 BOOKS TO GUIDE YOUR WELL-BEING



"If food is medicine, what do we eat to heal? Beyond conventional nutrition dogma, Leslie Korn's sophisticated, researched, and truly holistic perspective is urgently needed. I couldn't be more thrilled to add The Good Mood Kitchen to the top of my list."

*Dr. Kelly Brogan, Holistic Women's Health Psychiatrist*

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



## About Leslie Korn PhD, MPH

Harvard Medical School-trained traumatologist, NIH- funded scientist, public health activist and university professor, Leslie has provided over 50,000 clinical care hours and taught thousands of clients over a more than 40-year, international career.

You will learn the health wisdom she garnered as she climbed waterfalls to gather mood-boosting beverages in the tropical rain forest, stuffed bananas leaf tamales she gathered in the jungle of Mexico, collected medicinal plants along forest rivers, sipped medicinal Ooligan oil in northern British Columbia, and she will share the secrets of how to make perfect brain-boosting chicken soup her Romanian grandmother taught her how to make.

Leslie will teach you how to integrate nutritional, culinary and herbal medicine into your life to improve mental, cognitive and physical health. She will share with you how she has helped thousands of patients reduce or eliminate pharmaceuticals to improve their sleep, mood and focus and she will share nature' medicines for overcoming adverse events.

You will learn both the art (and a touch of science) about keeping a Good Mood Kitchen, told with humor, no judgment, no ideology... just state-of-the-art proven methods that will enhance your everyday living.

# PRESENTATION TOPICS

**The Good Mood Kitchen: Culinary Strategies for Brain and Body.**

In this program, you will discover:

- Why there is no one right diet for everyone
- How to know which diet is right for you.
- How mood follows food
- The 5 essential foods for a good mood
- 3 simple quick recipes and food prep techniques that are medicine for the mind
- How to feed the “second brain,” your gut, to reduce anxiety and improve sleep
- 3 nutrients that will stabilize your mood, decrease pain and increase your energy and joy
- 3 key nutrients that help stop the most common food cravings

## ALL PROGRAMS DESIGNED FOR KEYNOTE AND HALF OR FULL-DAY TRAINING

- Supercharge Your Brain: 10 Essentials of Optimal Brain and Cognitive Performance
- Integrative Medicine for Traumatic Stress and the Addictions
- Everything You Need to Know About Mental Health Nutrition & Have the “Guts” to Ask
- Age Gracefully While Keeping Your “Wits” About You
- Build Multicultural Competence with Food, Herbs and Ritual



## RAVES FOR DR. KORN

Leslie’s teaching and speaking gifts combine dynamism, clarity and wonderful humor all rolled into one. She keeps her audience engaged, and creates an exciting learning environment.

*Mary Jo Ruggieri, PhD, Former Olympic Gold Medal Synchronized Swimming Coach and Professor, The Ohio State University*

Leslie used storytelling for her keynote and captivated with stories of her work collaborating with tribal communities in Mexico and the United States to restore touch therapies and nutrition from traditional foods, in response to complex and historical trauma. It was a rare treat that set the mood for the day.

*Diana Thompson, LMP, Seattle, Board of Directors, Massage Therapy Research Foundation*

MORE TESTIMONIALS: <http://drlesliekorn.com/testimonials/>



## SELECTED LIST OF KEYNOTES AND TRAININGS

- Harvard Medical School
- University of Washington
- Massachusetts General Hospital, Dept of Psychiatry
  - National College of Naturopathic Medicine
- Fulbright Foundation, COMEXUS, Mexico City
  - Lesley University
- American Counseling Association Conference
  - Mayo Clinic Conference on Cancer
- Franklin College of Humanities (University of Georgia)
  - National Network of Grantmakers Conference
  - World Congress on Violence and Coexistence
- International Society for Traumatic Stress Studies
- American Association of Naturopathic Physicians
  - The Washington Institute for Mental Health
    - Massage Therapy Research Foundation
    - Massachusetts Finance Housing Agency
    - Quinault Indian Nation Health Center
      - Suquamish Tribe
      - Puyallup Tribal Health Center
    - New England School of Acupuncture
- AOMA Graduate School of Integrative Medicine
- National Association of Nutrition Professionals
- International Meeting on Inuit and Native Child Health
  - Psychotherapy Networker Conference
- Traditional Knowledge & Healthy Ecosystems Summit
- International Diabetes in Indigenous Peoples Forum
  - Nutritional Therapy Association
  - California Institute of Integral Studies
- National Native Leadership Institute on Tobacco

## VIDEOS & PODCAST

<http://drlesliekorn.com/videos-podcasts/>

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