



Amy Gutman MD, FACEP

POWERHOUSE YOUR LIFE!

AWARD-WINNING PHYSICIAN. (COM)PASSIONATE LEADER.
INTERNATIONAL SPEAKER. SASSY HUMORIST.



ABOUT DR G.

As an emergency physician with decades of global clinical, research, and corporate experience, I share invaluable insights to enhance individual and corporate performance using captivating real-life stories. I will inspire you to cultivate inner strength, make quick decisions under pressure, lead teams effectively, and achieve physical and mental wellness.

I challenge a healthcare industry that often profits from keeping people sick rather than encouraging wellness. It would be an honor to share my passion for resiliency and wellness with you, as I have done for thousands of people across the globe.

Let this transformative experience inspire you to reach new heights in your Leadership, Resiliency and Wellness journey, and unlock your thriving Powerhouse potential.

SAMPLE SIGNATURE LECTURES

- **Powerhouse Living: Live Your Life Like A Resuscitation**
- **Kind Lies vs Unpleasant Truths: How Kindness Kills**
- **The Remarkable Impact of a Ketogenic Diet on Brain Health**
- **You Sexy Beast! Using Diet To Improve Fertility and Fight Aging**
- **Turn Tiny Fractures Into Earthquakes: Turn Crisis Into Advantage**
- **Reverse The Curse: Kick Chronic Illness to the Curb**
- **Lies, Damn Lies, & Statistics: Everything You Think You Know About Nutrition Is A Lie**



www.ToughLoveMD.expert



x.com/@ToughLoveMD



prehospitalmd@gmail.com



www.linkedin.com/in/amy-gutman-md-facep-a4190890/



speaker.innovationwomen.com/user/16777ading



www.youtube.com/ToughLoveMD

Let Me Powerhouse Your Life!
Contact Me on www.ToughLoveMD.expert
Customizable Keynotes, Breakouts & Workshops; On-Site or Virtual