

ELIZABETH IRVINE, BSN

Elizabeth Irvine is a nationally recognized healthy living spokesperson, author, former ICU nurse, yoga instructor, and mother of three who believes we can create a healthier way of being and raise families who care about themselves, each other, and about the world around them.

With twenty-five years' experience as a healthcare professional, she also has deep, first-hand knowledge of complementary medicine. In her approach to wellness, she fuses modern technology with thousands of years of natural wisdom. She reaches beyond the use of conventional medicine as a quick fix and reclaims the healing wisdom in our own bodies. Focused on family wellness, Irvine helps mothers build their emotional and physical capacity and nurture their connections to the world, empowering them to create a healthier, happier life from the inside out.

Irvine is the author of *A Moment's Peace: A Mom's Guide to Creating Calm Amidst Chaos* and *Healthy Mother Healthy Child: Creating Whole Families from the Inside Out*, the revised edition of which came out this year. She is also a member of Dr. Andrew Weil's Weil Lifestyle Team and a contributor to Deca TV's *Momversation* (3 million viewers). Her work has appeared or been profiled in hundreds of articles about healthy living, alternative therapies and mother & child for national magazines, newspapers, and websites, such as *Health Central* (11 million viewers), *The Washington Post* and *Houston Chronicle* newspapers, *Positive Health*, *Yoga & Health*, *Texas Family Magazine*, *Houston Parent & Family* magazines, and the American Cancer Society's *Choose You* campaign. She has appeared on television 25 times in the past 2 years, most recently for a segment on *PBS*.

Irvine's career began with a Bachelors of Science in Nursing from the University of Kansas. After moving to London, Irvine became a Registered Sick Children's Nurse for the UK Council of Nursing and Midwifery, and then received certification from the American Society of Obstetrics as a childbirth educator and yoga education through the Bihar School of Yoga in Munger, India. Taken holistically, this path provided a foundation for her work today.

Irvine's experience as a health care professional includes staff nursing; writing curriculum plans for nursing education, family life education and childbirth education; writing and presenting the *Healthy Living* lecture series for Fortune 500 companies including Deloitte JP Morgan and Merrill Lynch; developing a protocol utilizing yoga, breathing, relaxation techniques and nutrition counseling for mothers and children specializing in ADD, allergies and obesity; writing and producing video, and conducting yoga workshops and children's summer yoga programs.

As a spokesperson and subject matter expert for healthy living, Irvine has obtained sponsorship from companies such as Luna Bar, Rescue Remedy, Trane Allergy-Filtration System, Mighty Leaf Tea and Weil Baby. Elizabeth sits on the advisory board for St Lukes Episcopal Hospital Friends of Nursing and she lives with her family in Houston, Texas.