



Carlyn Montes De Oca

The Animal-Human Health Connection



Lifestyle Medicine to Make You Healthier, Happier, and More Extraordinary

What dogs and cats know about your health, that YOU don't!

SEVENTY MILLION AMERICANS 50 years and older, suffer from at least one chronic disease. We are bombarded with information about health related topics, and assaulted with media blasts on medicines touted to heal all of our illnesses. But, the truth is, that often the medicine taken to cure, creates more illness. What if there was a natural way to heal by combining holistic methods with the power of animal companionship?

CARLYN MONTES DE OCA, is a licensed acupuncturist, and plant-based nutritional consultant, with a successful private practice. She has worked with hundreds of clients to see tremendous improvement in their overall health. Carlyn's proven principles change lives, they reduce, and can even prevent chronic illness.

"It's impossible not to like Carlyn and her message of the impact that dogs, cats and other animals have on our health and wellbeing. I highly recommend Carlyn to any organization, association, or company looking for new and powerful insights into improving the health and wellness of their employees."

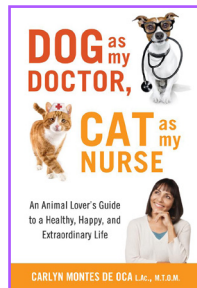
—Dr. Elliot Katz, Founder and President Emeritus of In Defense of Animals

"Carlyn's enthusiastic, infectious storytelling reveals the surprising truth of our animal companions' passion and power to supercharge our health and well-being! Hers is a message of hope that will forever alter the lens through which you see our animal neighbors. Exceptional speaker, riveting expertise!"

—Gary W. Goldstein, Author, Speaker, Producer *Pretty Woman* and *Under Siege*

"Carlyn conveys her unique and powerful message of how our animal companions have the power to enhance human health and well-being with great passion and enthusiasm. If you are an animal lover you will love listening to this exceptional and inspiring speaker."

—Dr. Ulka Agarwal, M.D.
Staff Psychiatrist George Washington University Colonial Health Center



Carlyn is the author of the upcoming book, *Dog as My Doctor, Cat as My Nurse — an Animal Lover's Guide to a Healthy, Happy and Extraordinary Life*, which is a unique aspect of her overall lifestyle medicine, and healing message. Carlyn's passion is to help people struggling with health and emotional issues and to offer usable tools to implement realistic change.

Speaking Topics:

- Live Longer — Why Your Animal Companion May Boost Your Health, Well-Being, and Life-Expectancy
- Listen to Your Body Speak — Health Whispers you may be Avoiding but can Change Your Life
- Boomer Generation Revitalized — Make 60 the new 30 through Plant-Based Nutrition
- 5 Critical Keys to Thrive in Spite of Modern Day Health Challenges
- Healing Super-Powers that Dogs and Cats Possess — Your Secret Weapon for Aging Backwards

Carlyn is available to speak to:

- Animal-Friendly Work Places
- Animal Rescues and Sanctuaries
- Human Resources
- Wellness Groups
- Young Professional Groups
- Women's Organizations
- Baby Boomers



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