

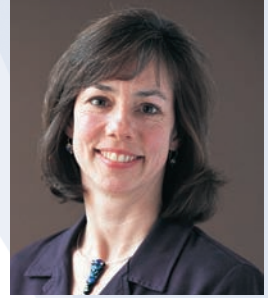
Cynthia Geyer, M.D.

A talented speaker with special expertise in lifestyle change for the prevention of illness, promotion of wellness and longevity, and addressing the unique health issues of women, Dr. Cynthia Geyer infuses her highly informative talks with warmth, humor and insight.

A member of the Canyon Ranch in Lenox medical staff since 1998, Dr. Geyer has served as its Director of Women's Health, and currently as Medical Director. She continues to advance the tradition of excellence upheld in the areas of medicine, wellness and prevention.

Professional and extremely relatable, Dr. Geyer has been a requested speaker at conferences for Xerox, Speaking of Women's Health, and Verity women's health spa in Canada. She is also part of the core faculty for the Center for Mind Body Medicine's annual Food as Medicine conference, which focuses on teaching nutrition-based medicine to health care providers and medical schools.

As a physician, wife, and mother of twin boys, Dr. Geyer understands firsthand the challenges many women face in trying to balance busy lives and the impact that can have on health and well-being.



CREDENTIALS

Doctorate in Medicine,
Ohio State University
College of Medicine

Board-certified in Internal
Medicine

Topics

HORMONES IN MIDLIFE: A MATTER OF BALANCE

Midlife transition offers a unique opportunity for women to take stock of their health and embrace lifestyle changes that can not only improve related symptoms but also lower the risk of heart disease, bone loss and breast cancer. Learn from Dr. Geyer about the interplay of hormones – including estrogen, testosterone, insulin and cortisol – and get tips on how to achieve hormone balance through diet, exercise, supplements and stress management.

ULTRAPREVENTION

Although modern medicine often focuses on diagnosing problems after the fact, a growing body of evidence suggests that subtle imbalances such as inflammation, oxidative stress and nutrient deficiencies may predate an illness by years. These imbalances are often rooted in diet and lifestyle. Dr. Geyer will tell you how to recognize when imbalances exist and will offer lifestyle tips to reverse them, reduce risk of disease, and enjoy optimal health and well-being.

TOPICS continued on back



Cindy serves it up as a member of a volleyball league.

Cynthia Geyer, M.D.

THE HEART OF THE MATTER: PREVENTION & REVERSAL OF CARDIOVASCULAR DISEASE

Cardiovascular or heart disease is the leading cause of death in both men and women over age 55. Because many first heart attacks happen without warning, early recognition of risk factors such as insulin resistance, elevated cholesterol, stress and inflammation is key. Discover the important steps you can take to address these risk factors and keep your heart healthy.

MIND YOUR MEMORY

Maintaining good memory and mental function becomes even more important as we age. Cognitive decline is not an inevitable consequence of aging. Eating the right foods, maintaining a healthy weight, exercising and challenging our brains can help reduce risk of memory problems. Dr. Geyer outlines the simple steps needed to boost your brain power.

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