

Dr. Rachel

Doctor of Natural & Integrative Medicine



As seen on:

hers
MAGAZINE

**Spirituality
& Health**
THE SOUL/BODY CONNECTION



the
LIST

RUNWAY
MAGAZINE

SIGNATURE
MAGAZINE

oxygen

virtual
Women's
Expo

realself.
news

LA's The Place.com
live ~ laugh ~ love

LOOK TO THE STARS

©CBS

RUNWAYTV

Dr. Rachel

Doctor of Natural & Integrative Medicine

ABOUT ME



Dr. Rachel Eva Dew has been a clinical practitioner in the integrative and holistic health field since 1994. She is the co-founder and CEO of ModiHealth, the first integrative health & wellness platform that offers access to virtual care, health programs and a health streaming service. Additionally she has trained and certified over 10,000 Integrative Wellness & Life Coaches world-wide and has supported hundreds of patients through her private practice over the years, and thousands more through her books and conference appearances. She is the author of five award winning books - Healing The Total Self, Playing Full Out, Transform, Integrative Wellness & Life Coaching Textbook, Master Integrative Wellness & Life Coaching Textbook.

SOCIAL MEDIA FOLLOWERS

25,390



@drrachelofficial

30,500



@drrachelofficial

6,428



@drrachelofl

Dr. Rachel is the co-founder and CEO of Modi Health, an integrative telemedicine and tele-wellness company that provides whole-person virtual care, health programs and a health streaming service with app. Dr. Rachel is an international speaker, author, and leader in integrative wellness.

Dr. Rachel is a double board certified Doctor of Natural Medicine and Integrative Medicine through The Board of Natural Medicine Doctors & Practitioners and a Doctor of Humanitarian Services by The World Organization of Natural Medicine.

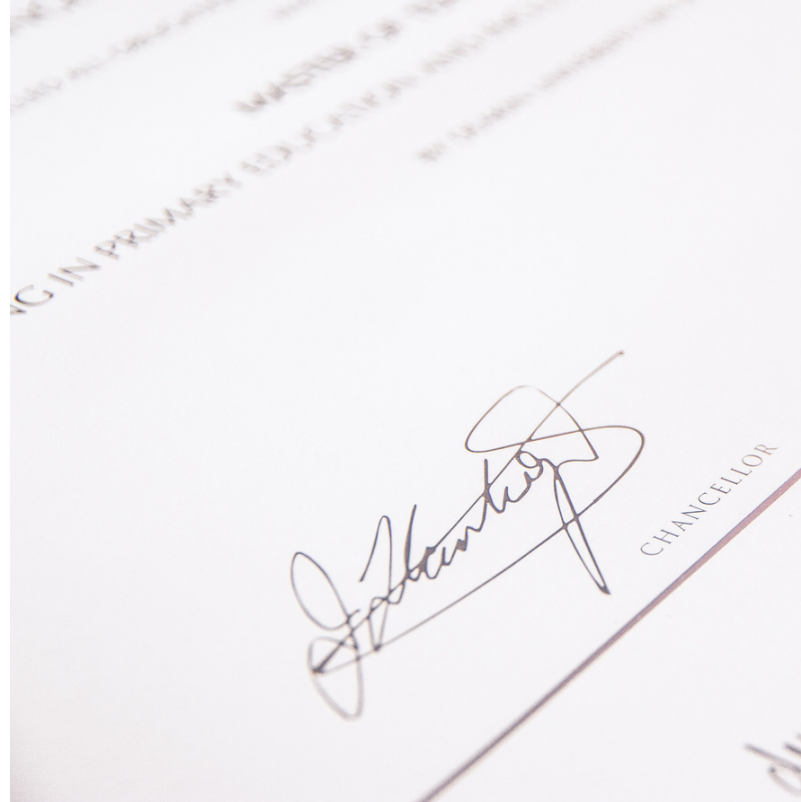
BOARD CERTIFICATIONS

Board of Natural Medicine Doctors and Practitioners

The American Alternative Medical Association

The Association for Integrative Psychology

World Organization of Natural Medicine - Doctor of
Humanitarian Services



EDUCATION

Bachelor in Holistic Health Sciences

Master in Natural Medicine

Doctorate in Natural Medicine

PhD Integrative Medicine

LIVE YOUR
BEST LIFE IN
MIND, BODY,
HEART &
SPIRIT

As a Doctor of Natural & Integrative Medicine, author, and leader in integrative wellness, I am passionate about helping people transform their lives. I invite you to explore and discover what a transformed life means to you, and let me guide you on your journey to optimal health & well-being. — Dr. Rachel

SPEAKING SAMPLES BY

Dr. Rachel

HEALING THE TOTAL SELF - THE INTEGRATIVE WHOLE PERSON APPROACH

In order to truly achieve optimal health & wellbeing it must be approached from a whole person perspective. No matter where you are in your journey, this deep dive with Dr. Rachel into understanding the connection between mind-body and emotions can help! The tools, support and solutions you need to heal your total self in mind, body, heart & spirit presented in actionable steps that produce lasting positive change..



1M+

WEBSITE HITS

From 2016 to present.

\$214K

BOOK SALES

From 2016 to present.

16.6K

SUBSCRIBERS

From 2016 to present.

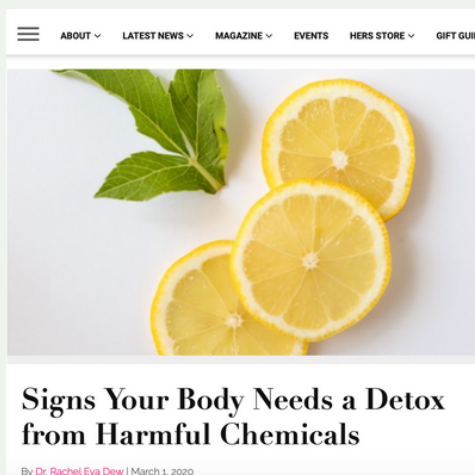
BREAKING UP WITH STRESS

Research has shown that between 94-98% off ALL illness and disease is linked to stress! Stress is not just emotional. It can be mental (happening in our thought life), emotional, physical and environmental. So why not just remove stress from our lives? It is not the goal to completely remove all stress but to reduce stress while INCREASING OUR CAPACITY to deal with or handle stress.

WRITING SAMPLES BY *Dr. Rachel*

MENTAL DETOX, A GAME CHANGER!

Anxiety filled thoughts. Fearful thoughts. Anger thoughts. Resentful thoughts and more. Once our thought life becomes toxic it sends signals not only to trigger emotions but also to trigger our fight or flight response. This slows digestion, reduces our ability to think with clarity and even disrupts our hormone balance and hormone production. Dr. Rachel shares how it is important to understand what is toxic to the mind (brain) and entire mental system (brain + thought life + mindset).



THE FUTURE OF TELEMEDICINE + TELEWELLNESS AND WHY TELEHEALTH IS LAYING THE ROAD MAP FOR THE FUTURE OF HEALTHCARE

In the wake of a pandemic that has transformed the U.S. and indeed the global health scene, telemedicine seems to have found a firm footing. At this point, I believe it is a critical component of the global health care delivery framework. While that status is directly correlated to the new circumstances brought on by the novel coronavirus, the mainstream usage of telehealth continues to provide insights into how it will affect the future of healthcare.



BOOKS BY

Dr. Rachel

TRANSFORM

No one wants a mediocre life.

Are you ready to create the life that you've always dreamed of? Have you experienced a major life change or are you ready to make a major life change? Maybe you want to move towards a better life but you aren't sure how to get there. Now you can learn how. Dr. Rachel created Transform a 12-week course to guide you on a journey to clear blocks in every area of your life..



PLAYING FULL OUT

Playing Full Out: 10 Simple Steps to Transform Your Life is your roadmap to create the life you have always desired. Rachel Eva, author, teacher, transformational life coach, and founder of the Integrative Wellness Academy, has guided thousands of people toward the best version of themselves. Now she's packaged this proven process into 10 simple steps to get you started.



MILC TEXTBOOK

Master Integrative Life Coaching textbook will help you explore advanced ways to apply foundational life coaching principles with advanced tools and techniques. You will deepen your training in the 5 core niche coaching areas—life coaching, family and relationships, career and performance, health and wellness, and spiritual coaching. This master level course will help you discover how to understand the deeper issues, develop plans, and elicit transformative results. Learn to grow your coaching practice, expand your services, and help clients make more lasting changes.

MASTER INTEGRATIVE LIFE COACHING

A guide to mastering the art of life coaching.

Master
Coaching
Niches

HEALING THE TOTAL SELF

A Quantum Approach to Healing &
Optimal Wellbeing

HEALING THE TOTAL SELF

Achieve optimal health & wellbeing. No matter where you are in your journey, Dr. Rachel Eva Dew is here to help! The tools, support and solutions you need to heal your total self in mind, body, heart & spirit.

Excerpt from

HEALING THE TOTAL SELF

Do you want to live your best life? Do you want to experience healing and optimal wellbeing in your mind, body, heart and spirit? If so, then this book is for you! Based on the new quantum medicine and healing paradigm, 'Healing The Total Self' provides the knowledge and framework for individuals to achieve healing and optimal wellbeing.

Dr. Rachel

Doctor of Natural & Integrative Medicine



PRESS CONTACT

LEIGH-ANNE ANDERSON
ANDERSON PR

LEIGHANNE@ANDERSON-PR.COM
310-990-5752