

Dr. Rachel

Doctor of Natural & Integrative Medicine



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& Health**
THE SOUL/BODY CONNECTION



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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.

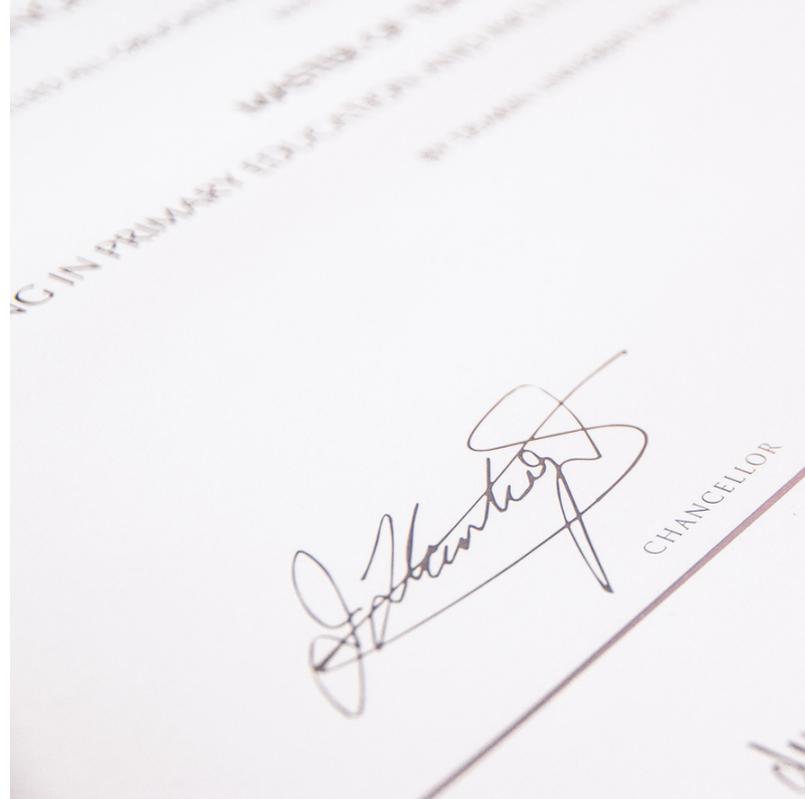
BOARD CERTIFICATIONS

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

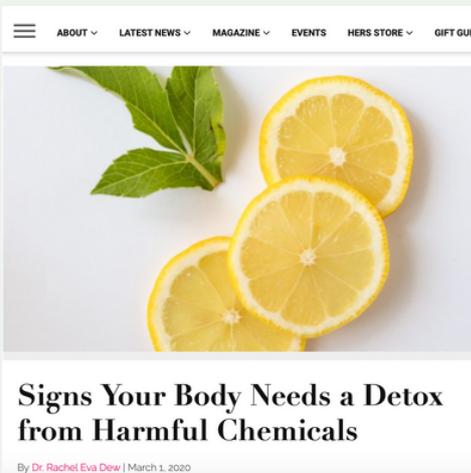
Research has shown that between 94-98% off ALL illness and disease is linked to stress! Stress is not just emotional. It can be mental (happening in our thought life), emotional, physical and environmental. So why not just remove stress from our lives? It is not the goal to completely remove all stress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



ABOUT ▾ LATEST NEWS ▾ MAGAZINE ▾ EVENTS HERS STORE ▾ GIFT GUIDE



Signs Your Body Needs a Detox from Harmful Chemicals

By Dr. Rachel Eva Dew | March 1, 2020

Signs Your Body Needs a Detox from Harmful Chemicals

BY DR. RACHEL EVA DEW

Were all exposed to toxins, such as carcinogens and heavy metals, every day through the air, our foods and the products we use in our homes and on our bodies. Plastic packaging, the water we drink and the water we use to shower all contain harmful chemicals. Even though our bodies are naturally built to expel toxins, these often get trapped within our systems causing harm to the body's immune system and other system functions. A build-up of heavy metals and other toxins has been associated with mental illness, Alzheimer's, increased risk of heart disease, headaches and skin issues. Exposure to toxins is believed to be a contributing factor, if not a root cause, of many illnesses and even contribute to the development of disease. This is why it is critical to clear toxins intentionally from your mind, body, heart and spirit.

Your body can give you a variety of signs that you may need to detox. Symptoms can be both internal and external, mental or physical. Some mental symptoms may include a lack of concentration or depression. Physical signs that you need to detox can include anything from muscle soreness to internal health problems like digestive issues. Even things like fatigue and anxiety can be resolved with a good detox.

First and foremost, when it comes to detoxing the single MOST powerful aid you can give your body throughout the process is proper hydration. The second most helpful element to detoxing is to reduce and limit toxic exposure as much as possible through nutrition and lifestyle changes. Finally, the body also needs additional assistance to expel

built up toxins. I recommend detoxing through all of the three following steps: sweating (sauna, heated exercise classes or cardiovascular exercise), expelling through the skin (dry brushing, medicinal baths and lymphatic massage) and a powerful detox supplement such as the ones offered by my personal favorite, Nouristics Naturals. Some foods that help with detoxing include: cilantro, garlic, wild blueberries, lemon water, spinach, chlorophyll, barley grass juice powder, Atlantic dulse, curly green tea, tomatoes, probiotics and prebiotics.

Detoxing is a health and well-being gamechanger! Some of the benefits you may experience from detoxing may include increased energy, brain function, immune function, focus and concentration, decreased anxiety and symptoms of depression, gut issues, skin problems, hormone imbalances and more. I typically recommend detoxing for 30 days; this allows your body to not only shed toxins but to rebalance without further contaminants. If you want to do more advanced detoxes that address each system individually (intestinal, liver, etc.) then be sure to give your body a period of rest between each detox for at least two to three weeks. As with any change in your health and wellness program, be sure to run it by your doctor to make sure it is right for you.

Keep the phrase, "All things in balance" at the forefront of your mind. Try to move towards healthier choices versus take an extremely restrictive position. Take an honest look at your health, your life and your goals in order to create a detox plan that will truly work and also be balanced for you. There are many approaches that is best for all.



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8 Female Activists Who Are IMPACTING THE WORLD

Signs Your Body Needs a Detox

Why You Should Teach Your Kids About Business

Celebration of Women's History

Jessica Marie Garcia
Transcends Latina Character Tropes

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 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.



IS A MOON PRACTICE RIGHT FOR YOU?

Spirituality & Health

29 Ways to Let It All Go

Cultivating Awareness

Jaimal Yogis, featured in our Books We Love section, describes overcoming fear mindfully.

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.

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