

**KAREN PRYOR, PHD, PT**  
**Holistically Speaking™**

**It's your prerogative to change your mind, but instead does it feel like you're losing it?**

**Do your employees run out of steam after lunch?**

Dr. Karen is here to share what works with her **OUT-OF-THE-BOX** approach to retaining memory, nutrition, and overall good health.

## **PROGRAMS ON:**

### **MEMORY**

Dr. Karen Pryor will help you look at the reasons why these things happen, helping you to enhance your memory, retention and performance. She will give you mind exercises to stimulate your brain power.

### **EAT, DRINK & BE HEALTHY**

What you don't know can hurt you. Dr. Karen will help you look at what you put into your body and suggest ways of cleaning up your act. Karen makes "cleaning house" fun and entertaining, while very informative. She'll offer you solutions to increasing your energy levels to work efficiently and effectively throughout the day.





## TESTIMONIALS

“Dr. Karen Pryor’s delivery is an incredible combination of humor and wit. She captivates an audience with her expertise on holistic care and her compassion for helping people live healthy and happy lives.”

*Dez Stephens, CLC  
life coach*

“I attended Karen’s Cleaning Body Systems lecture and to my surprise, have walked away with new, usable information.”

*Elizabeth M., RN  
conference attendee*

“I am overwhelmed with what I learned from Karen Pryor and am eager to learn more.”

*Dana M.  
satisfied client*

### ABOUT DR. KAREN PRYOR

Karen is a spunky, energetic and sincerely dedicated holistic speaker who promotes an out-of-the-box approach to health and healing. She is a dynamic leader who motivates others to excel. Dr. Karen is committed to helping people succeed with a unique combination of expertise in working with individuals, small groups and large communities. She has a delightful sense of humor and effectively communicates complex information through her down-to-earth storytelling.

Dr. Pryor is the designer of the Pryor Disc Relief®. She is a contributing author in John Upledger, D.O.’s book *Working Wonders* and a regular contributing author in *Health & Wellness Magazine*.

A graduate of University of Central Arkansas with degree in Physical Therapy, Karen also holds a Ph.D. in Natural Health from Clayton College. She developed and practices advanced skills in neuroplasticity (rewiring the mind). Dr. Pryor is a 3rd Degree Reiki Master, has a Level 4 Healing Touch and Level 2 CranioSacral, and Somato-Emotional training. Karen is also a Functional Capacity Evaluator.

Karen is currently in the editing stage of a children’s holistic therapy program, and those who know her call her “Caring” because of her passion for healing and helping others.

“KAREN PRYOR truly epitomizes the power in the balance of effectively utilizing right and left brain communication as she brilliantly engages her audiences. Her humorous style (this woman is funny folks!!), intuitive abilities and immense holistic skill set all interweave beautifully to absolutely meet each person exactly where they are. Don’t miss an opportunity to learn from this refreshingly unpretentious ‘force’ who creates an atmosphere where learning is as effortless as the laughter she brings to your life!”

*Laurie Larson*

Caring Health Source, PO Box 3148, Brentwood, TN 37024  
www.CaringHealthSource.com 615-376-7876



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Memory and Mind Development Expert