

Kathleen Ellerie

Licensed Acupuncturist

Diplomate of Oriental Medicine

Bachelors of Science in Nutrition, Biology, and
Health Science

Master of Acupuncture and Oriental Medicine



Getting healthy doesn't have to be stressful!

Take an active part in restoring your health by implementing easy changes that lead to sustainable growth towards wellness.

Memorizing the bones and organs when she was six, Kathleen Ellerie always had a fascination and passion for health. Over her lifetime she's tried and studied a wide variety of holistic and traditional therapies...and she loves sharing what she's discovered.

It's easy to become confused when a new health fad seems to appear every week and so-called experts constantly contradict each other, but Kathleen is here to bring focus and clarification, advocating getting back to the basics of a more natural lifestyle through small, simple tweaks that anyone can easily understand and apply.

Kathleen is knowledgeable, compassionate, and engaging, wanting above all to empower people to take back control of their health. Get started on your journey to wellness today!



Presentation Topics

Nutrition Basics

Take the mystery out of nutrition by learning what to focus on in your diet

Acupressure 101

Treat yourself and others with the millennia-old secrets of Traditional Chinese Medicine

Healthier Home

Become a detective in your home, rooting out products that may be causing you harm and replacing them with natural alternatives

Affiliated Brands



Contact & Connect

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