



Thriving Proof

HOLISTICDIRECTPRIMARY CARE · BANGOR, ME

Jen Goddard

CHHP-BCDNH-Certified Thermographer-Founder · USOA Mrs. Maine 2025

SPEAKER

WOMEN'S HEALTH

CORPORATE WELLNESS

ROOT-CAUSE MEDICINE

"Your body was designed to heal. Most people have never been shown how."

Beyond the Band-Aid: *Why Your Body Deserves Better*

Have you ever left a doctor's appointment feeling like you got a prescription instead of an answer? You're not alone—and this talk changes that conversation entirely.

WHAT YOUR AUDIENCE WILL LEARN

- Why "normal" lab results don't mean your body is thriving — and what to ask instead
- The four foundations every body needs to actually heal: real fuel, drainage, sleep, and functional testing
- The truth about popular fixes like Ozempic and HRT — what they do, what they miss
- Real client stories: hot flashes eliminated without hormones, Type 2 diabetes reversed in 6 weeks
- Why we identify with our diagnoses — and what freedom looks like on the other side

ABOUT JEN

Jen's path to holistic health wasn't academic — it was survival. At 20, she was a single mother on a cocktail of antidepressants, anxiety meds, sleeping pills, and migraine medication. By her late twenties, she had PCOS, infertility, and precancerous tumors throughout her colon. The conventional system had no answers. **Only more prescriptions.**

Within three months of working with a holistic practitioner, she was off all her medications. Two years later, the tumors were gone — not because she found the right pill, but because she fixed what was actually broken. That experience became Thriving Proof, where Jen now works alongside an MD to help clients stop managing symptoms and start actually healing.

"I feel better at 52 than I did at 35. I didn't get lucky. This is what happens when you stop managing symptoms and start asking why."

— MIKE, THRIVING PROOF CLIENT · REVERSED TYPE 2 DIABETES DIAGNOSIS

**Book Jen for
Your Event**

Available for in-person & virtual events

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Customized to your audience & format

WHO THIS TALK IS FOR
Anyone who has been told they're "fine" — and known deep down they weren't. The woman handed another prescription instead of an explanation. The person who's tried everything and is running out of hope. Audiences ready to stop accepting band-aids and start asking better questions.

No medical background required — just a willingness to hear something different.

SPEAKING FORMATS

- Keynote presentations
- Workshops & breakout sessions
- Corporate wellness events
- Women's health summits
- Panel discussions
- Biweekly community workshops

CREDENTIALS

- Certified Holistic Health Practitioner, Board Certified Doctor of Natural Health
- Certified Thermographer (ACCT)
- USOA Mrs. Maine 2025
- 10+ years clinical practice
- Founder, Thriving Proof

