



Dr. Mary speaks about:

Road Warrior Wellness™

Do you travel for work? Do you commonly feel tired and rung out? Would you like to look and feel better? Then, this information is for you! You'll learn ways to improve your digestion, sleep like a baby and age more slowly. You'll be more energetic, more productive and ready to have fun again.

Healthy Choices in Your Daily Life – ROI for Success

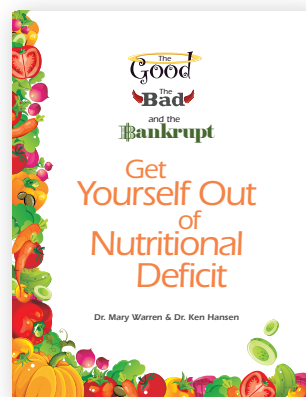
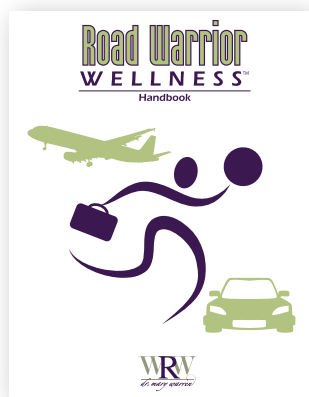
Shift your thinking and enjoy feeling good again! Simple steps and choices you make each day can change your body more than you know. Discover how seemingly small improvements over time lead to higher brain function, more physical agility and clearer mental/emotional balance.

Your Kitchen: The Good, the Bad and the Ugly

Think eating healthy is hard? Takes too much time or thought? Maybe you just don't like going to the grocery store! Learn how to serve up wellness! Get back to the basics of eating fresh foods, stocking your kitchen with essentials you like, cooking simply and improving your quality of life through nourishing choices. Smart and easy ways to successfully take you the distance!

Women's Wellness Today

Every woman is unique, but one thing all women share is the need for a whole-body approach to wellness that's beneficial, makes sense and fits into a busy schedule. We'll examine the stressors that impact your health and create wellness steps that are sure to support you!



Contact Dr. Mary to Get on the Road to Health and Wellness!

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Dr. Mary Warren, owner of Road Warrior Wellness™ and Vital Force Wellness has been practicing, researching and speaking in the field of Wholistic health care for 25 years. She specializes in an area of increasing importance: nutrition and the cumulative effects on our health. She authored *Road Warrior Wellness™ Handbooks* and *The Good, The Bad and The Bankrupt, Get Yourself Out of Nutritional Deficit*. Dr. Warren is a professional member of the National Speakers Association and has achieved the Distinguished Toastmaster designation. Based in Dallas, Texas she obtained her Doctorate of Chiropractic at Parker University in January of 2000 and is licensed in both the United States and Canada.