

NEW YORK TIMES BESTSELLING AUTHOR OF *THE HORMONE RESET DIET*

YOUNGER



A BREAKTHROUGH
PROGRAM TO

RESET YOUR GENES

.....
REVERSE AGING

.....
& TURN BACK
THE CLOCK
10 YEARS

Harvard and MIT
Educated Physician Scientist

SARA GOTTFRIED, M.D.

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PRESS KIT

Dr. Sara's Bio

Dr. Sara Gottfried M.D. is a Harvard-educated physician, speaker, and author of two New York Times bestselling books, *The Hormone Cure: Reclaim Balance, Sleep, Sex Drive, and Vitality with The Gottfried Protocol* (Scribner, 2012) and *The Hormone Reset Diet: Heal Your Metabolism to Lose Up to 15 Pounds in 21 Days* (HarperOne/HarperCollins, 2015). Her new book is *Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years* (HarperOne/HarperCollins, 2017).

For the past 20 years, Dr. Gottfried has been dedicated to helping women feel at home in their bodies.

After graduating as a physician-scientist from Harvard Medical School and MIT, Dr. Gottfried completed her residency at the University of California at San Francisco. She is board-certified in Obstetrics and Gynecology, a teacher of the adjunct faculty at Touro University College of Osteopathic Medicine, and a mentor to medical students in her virtual medicine practice and online learning center, The Gottfried Institute.

The Gottfried Institute is an enormously successful virtual practice. Dr. Gottfried has a disruptive model of how to deliver cutting-edge women's health to as many women as possible by using technology — including teleseminars, group coaching, webinars, and social media — to reset hormones, reduce stress, and lengthen healthspan among today's overly busy women, regardless of age and location. As a result, her innovative methods for sharing medical information make her a popular keynote speaker.

As an integrative gynecologist, Dr. Gottfried is a firm believer in treating the root cause of problems, not just the symptoms. She believes in leafy greens and nutrient-dense foods, together with evidence-based integration of botanicals and bioidentical hormones, rather than just prescribing medication. "My method is not one-size-fits-all. My mission is to help women feel sexy, vital and balanced from their cells to their soul," claims Dr. Gottfried, adding, "I believe that managing and optimizing your health is your divine responsibility and path to personal power."



Dr. Sara Gottfried has been featured in publications such as O Magazine, Real Simple, Cosmopolitan, Glamour, Family Circle, Natural Health, Women’s World, Redbook and Yoga Journal in addition to appearing in the award-winning film, “Yoga Woman” for her expertise. She has appeared on national and international TV, including Fox News, 20/20, The Ricki Lake Show, and Good Morning Norway.



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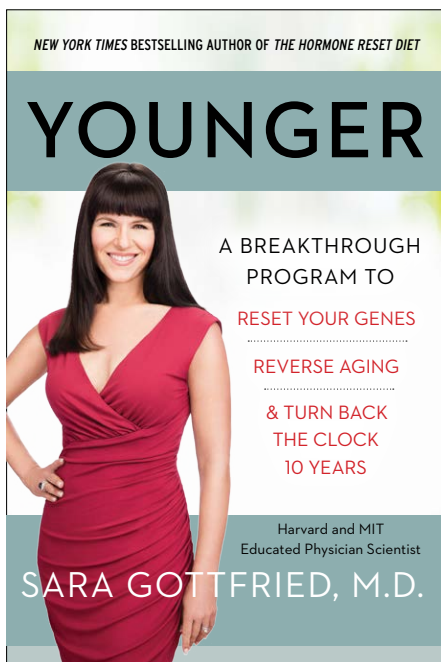
Dr. Sara lives in Berkeley, California with her husband and 2 daughters. Her husband, David Gottfried, is the founder of the US Green Building Council and LEED. In her personal time, you can find her working at her treadmill desk, hiking in the Berkeley Hills, practicing yoga, lightly cooking kale (which her family refuses to eat), and biohacking her own neurohormonal dashboard. “I’ve had nearly every hormonal problem a woman can get — I’ve done the leg work and reviewed the studies exhaustively so you don’t have to!” exclaims Dr. Gottfried.

“My method is not one-size-fits-all. My mission is to help women feel sexy, vital and balanced from their cells to their soul.”

Interview Questions

- 1 What is healthspan?
- 2 What are the levers that most impact healthspan?
- 3 When it comes one's DNA, what are the genes that you think are important to know about? How much of health is determined by genetics versus the environment?
- 4 Younger was named a top 10 book in Lifestyle by *Publisher's Weekly*. What's the book about?
- 5 Why did you write *Younger*?
- 6 What are some of the ways of measuring healthspan?
- 7 What is the exposome?
- 8 What are ways to measure exposome?
- 9 What are some of the ways of improving one's exposome?
- 10 If our listeners could focus on just one thing to improve healthspan, what would you recommend and why?

Younger Book Cover



Dr. Sara's Headshot



For other high resolution photos go to:
[http://www.saragottfriedmd.com/
media-press/](http://www.saragottfriedmd.com/media-press/)

Contact Information

Mail:
Gottfried Institute
2625 Alcatraz Avenue
Suite 369
Berkeley, CA 94705

Media Inquiries: nathalie@reset360.com

Instagram: saragottfriedmd

Facebook: Sara Gottfried, MD

Pinterest: drgottfried

Twitter: DrGottfried

YouTube: drgottfried

Skype: saragottfriedmd