



DR. PAT BOULOGNE

DC · CCSP · AP · CFMP

COACH · PHYSICIAN · SPEAKER
VISIONARY · THOUGHT LEADER
CEO: HEALTH TEAM NETWORK

BEST SELLING AUTHOR:
"WHY... ARE YOU SICK, FAT AND TIRED?"

TOPICS

- Mindset and Mental Health
- Health and Wellness
- Women's Health
- Weight Loss and Anti-Aging
- Chronic Inflammatory Diseases (ex: Diabetes, Obesity ...)
- Productivity and Relationships
- Lifestyle Solutions

PUBLICATIONS

- [Why...Are You Sick, Fat, and Tired?: Find Out Now](#)

GUEST PODCASTS

- [Discovering and Living the Best Version...of YOU!](#)
- [Next Steps Forward with Chris Meek - Voice America](#)
- [The Hot Mic @ Arch DevOps](#)
- [VitalDocTalk Episode# 17: Dr. Pat Boulogne](#)
- [Health Matters](#)


CONTACT



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INTRO

Fix your health, fix your life. Dr. Pat makes sense of complex and challenging situations, whether it's mind, body or soul, by finding a simpler and better way that gets you unstuck, more productive, faster and with measurable results.

BIO

Dr. Patricia Boulogne, DC, CCSP, AP, CFMP is a Certified Functional Medicine Practitioner, Coach, Chiropractor, Speaker, and Author. She has helped thousands over the last 35+ years stop adapting their lifestyle to pain, and chronic problems by focusing on the whole person. The result is that her clients and patients, find out the **WHY** and the **CAUSE** of the problem, and identify the starting point: **what, why, where and how to begin their health journey to live longer, better and healthier.** Dr. Boulogne is the founder and principal of **AskDrPat ~ HealthTeamNetwork**, a company dedicated to skyrocketing your health, lifestyle, and mindset with strategies and programs that make sense, and help you age gracefully, think, move and feel better, and live longer and happier!

SAMPLE QUESTIONS

- What motivates you as a doctor and businessperson?
- Who do you serve?
- What is "Einstein's Time"?
- What is your bestseller all about, and tell me about the title.
- Why is making a paradigm shift with mindset so important?
- What's going on with mindset and mental health these days?
- What are the reasons why people really get sick? (The 3 T's)
- What's the link between diet, lifestyle and environment?
- Is there a magic sauce for making lasting lifestyle changes?
- How does your bestseller relate to the workplace?
- How does someone use your bestseller as a guidebook/advocating tool ("DIY")?
- If people are sick and don't know it, how do they know they have something going on? (Grim Reaper Syndrome)
- What are 5 lifestyle solutions anyone can do to improve their health immediately?
- What are 3 tips you give other practitioners to have better compliance and results?