



**ALISHA MARTIN**

**Keynote Presentation Title:** Food For Thought

**Website:** [Livebetteraz.com](http://Livebetteraz.com)

**Presenter Bio:**

Alisha Martin is a certified functional medicine practitioner and health coach, helping to lead a health revolution - one revolved around empowerment and inspiration to take your health into your own hands. She educates clients on how to use lifestyle and food as medicine to support optimal health and longevity! With over 20 years of experience and her passion for nutrition, wellness and fitness, she understands that everybody is unique with vastly different needs. By incorporating individualized nutrition and lifestyle plans, she not only achieves quick relief, but also sustainable, long-term wellness. Confidently digging deep and getting the root cause of your dis-ease and chronic conditions, so that you can be symptom-free, feel great and live better!

Alisha got into functional medicine when she began noticing her young son was becoming restless, emotional, having difficulty focusing in school and lacking impulse control. This was also hurting their relationship. He was then diagnosed with ADHD and his school was pushing for her to put him on medication, but she didn't believe that he was deficient in Adderall. She believed that ADHD was just symptoms of imbalance in his body. That is when she used her background in Pre-med and science to begin researching possible root causes of his symptoms. In her research, she found in-depth tests that looked at his nutrient status, gut microbiome and brain chemistry, that led her to heal the root causes of his symptoms. Her son and her now have the best relationship and he is thriving with straight A's, happy and confident!

With her passion for helping people, Alisha has also been an Engineer / Paramedic with the Phoenix Fire Department for over 20 years! She understands shift work, the impact of lack of sleep, chronic exposures and trauma, associated with firefighting and works daily with fire fighters on optimizing their nutrition and health in order to thrive in the environment they are in!