

****

Biography for Introduction:

**Snapshot:**

* Best-selling author
* Life-changing keynote speaker
* Physician, Med School Valedictorian
* Founder and CEO of Just Wellness, LLC
* Featured expert in national media – The Dr. Oz Show, Oprah and Friends Radio, Time, WebMD, Prevention, US News and World Report, among others
* Wife and mother of four

Dr. Ann Kulze is a best-selling author, physician, and highly sought motivational speaker in the areas of nutrition, healthy living, and disease prevention. With formal training in both nutrition and medicine, along with extensive “hands on” experience as a wife, mother of 4, and trusted family physician, Dr. Ann has distinguished herself as a one-of-a-kind “real world” nutrition and wellness expert. She received her undergraduate degree in Food Science and Human Nutrition from Clemson University and her medical degree from the Medical University of South Carolina, where she graduated as the valedictorian of her class. She is the Founder and CEO of the wellness education firm, Just Wellness LLC.

Dr. Ann is the author of six books including her best-selling, award winning *Eat Right for Life*series (WELCOA). She has been featured in many national media outlets including the Dr. Oz show*,*Oprah and Friends Radio*, Time Magazine*, *USA Weekend*, NPR, and *Prevention Magazine*, among many others. When she is not writing, researching or motivating others through her speaking engagements, Dr. Ann lives her wellness message enjoying swimming, running, kayaking, cooking, gardening, and spending time with her family in her native Charleston, S.C.