

betty murray

Eat well. Live well. Be well.



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Living Well Health and Wellness

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About

California native and Texas transplant, Betty Murray, CN, HHC, RYT, is a multi-faceted speaker with a quick wit and engaging educational presentation. She is a Women's Health expert, Certified Nutritionist and Holistic Health Counselor with a passion for motivating others to achieve optimal health.

Betty is the founder of the Dallas-based, integrative medical center Living Well Health and Wellness and founder of the comprehensive wellness program Metabolic BlueprintSM. She is the author of two books, *Cleanse: Detox Your Mind, Body and Spirit* and *Banish Belly Fat!* both published under her publishing imprint Living Well Publishing.

Betty is an accomplished speaker with an impressive client list of speaking engagements ranging from national companies, government agencies and nonprofit organizations. Betty is especially gifted in providing a personal message of hope to inspire her listeners to enact positive change for their health and well-being. With humor and personal stories, Betty weaves a tale that is both informative and motivational. Betty's goal is to bring the most cutting-edge science to her audiences in order to provide the catalysts for positive change. Her main area of expertise is in anti-aging, rejuvenation and weight loss research.

In the Media

Betty has appeared on various radio and television shows including 105.3 The New You Show, KVIL, UPN 21 Weekend Update and Sandra Yancey's CBS Radio Show. Betty has appeared on various radio and television shows including 105.3 The New You Show, KVIL, UPN 21 Weekend Update and Sandra Yancey's CBS Radio Show. Betty is a Health & Wellness Contributor for LiveStrong.com and writes a twice-weekly blog, TheTruthAboutThin.com.

Betty Murray, CN, HHC, RYT is available for television and radio interviews, speaking engagements, workshop training and as a contributing editor for feature articles.

Betty has a knack for making the science of nutrition easy to understand and implement.

Author & Publisher

Betty Murray, CN, HHC, RYT is the author of two books, *Cleanse: Detox Your Mind, Body and Spirit* and *Banish Body Fat!* both published under her publishing imprint Living Well Publishing.

Cleanse: Detox Your Body, Mind and Spirit offers a comprehensive, scientifically based approach to achieving lasting wellness and weight loss. Steeped in years of research, The Cleanse ProgramTM is designed to rid the body of a multitude of harmful toxins that pollute the body's systems and organs and prevent the loss of unwanted pounds. With a knack for making the science of nutrition easy to understand and implement, Murray provides an in-depth understanding of the inner workings of the body and empowers the individual to make knowledge-based dietary decisions. Utilizing whole foods with optional supplementation, Murray gives the reader an easy, step-by-step guide to detoxing the body, mind, spirit, home and even relationships. *Cleanse* explains exactly what to eat and why and provides sample meal plans with an extensive collection of easy to prepare recipes. Watch unwanted pounds melt away, nagging health problems disappear and a happy, healthier new you emerge. This life-changing book offers a whole body approach to wellness.