

KRISTIN GRAYCE MCGARY

Holistic Healthcare Practitioner

ABOUT KRISTIN GRAYCE



Internationally recognized and highly sort after integrative and functional healthcare expert **Kristin Grayce McGary**, LAc., MAc., CFMP®, CSTcert, CLP, is well-known for her ability to help people who experience fatigue, digestive issues and have difficult to diagnose medical symptoms. Kristin Grayce empowers patients to regain lasting energy, resolve symptoms and become informed consumers of their healthcare.

Kristin Grayce is an inspirational speaker who shares her knowledge on a variety of vital topics including functional blood chemistry analysis, food as medicine, and the eight essentials for optimal health.

She is the creator of a new authoritative book titled: **The Ketogenic Cure: Heal Your Gut, Heal Your Life.**



Therapies

MULTIPLE
MODALITIES FOR
COMPREHENSIVE
HEALING

- FUNCTIONAL BLOOD CHEMISTRY ANALYSIS
- ACUPUNCTURE & ASIAN MEDICINE
- HOLISTIC NUTRITION
- EQUINE AND DOLPHINE ASSISTED THERAPY
- THE LIFELINE TECHNIQUE
- NEURAL & PERINEURAL THERAPY
- ADVANCED CRANIOSACRAL THERAPY
- BRAIN HEALING
- SOMATOEMOTIONAL RELEASE
- DEATH MIDWIFERY

A LEADING PROVIDER OF

FUNCTIONAL BLOOD CHEMISTRY ANALYSIS

This in-depth and comprehensive analysis is one of the most efficient and effective ways to quickly assess the degree of health, balance, or illness in a patient. This isn't a band-aid, or symptom treatment approach. Rather we can really identify the root of the health issue and offer appropriate and individualized health care. This is known as the ultimate tool in biomedical laboratory sciences and not only establishes a baseline of biomarkers that can be used to track a patient's current and future health but also helps guide preventative care.



PREVENTION

WHY FCBA IS IMPORTANT

Kristin Grayce is passionate about **Functional Blood Chemistry Analysis (FBCA)**. She wants it to be more widely available through healthcare providers who understand how to use it holistically in individualized treatment plans. FBCA takes the guesswork out of health decisions. It has enabled Kristin Grayce to properly guide people with nutrition, supplementation, and lifestyle recommendations that better meet their unique biochemical health needs. It also directs her to use other testing tools, provides her with knowledge of who and when to refer out to more specialized medical services, and allows her to catch people who have fallen through the cracks of the Western medical model.



Blood chemistry is a screening tool identifying imbalances in the body metabolism. Few MDs and NMDs are versed in Functional Blood Chemistry Analysis (FBCA), nor do they know how to order appropriate comprehensive panels. Conventional blood chemistry analysis compiles its "normal" reference range from millions of patients, most of whom are moderate to severely ill. Which begs the question - how can a patient whose blood falls within the "normal" range among a group of sick people, really learn anything about their wellness? Perhaps, we should think of this old approach as "Dysfunctional Blood Chemistry Analysis."

By contrast, FBCA focuses on healthy people to create "normal" ranges. Functionally normal ranges are much narrower than their conventional counterparts. When a patient's levels fall within functionally normal ranges, we can be much more confident about the health of that blood component. When a patient's levels fall outside functional ranges, but within conventional ranges, we can note a red flag for imbalance and possibly developing disease patterns that traditional medicine would most likely ignore. By catching imbalances before they manifest as symptoms and severe tissue damage, a patient's prognosis is much better.

A NEW WAY OF EATING LIVING & BEING

NUTRITION ADVICE

Kristin Grayce believes there is much more to food than simply macro and micronutrients. Her work honors the complexity of nutrition and how it impacts the human body, mind, and spirit. Kristin Grayce focuses on what, how, when and with whom we eat. She recognizes the value of food as medicine, the importance of how we digest and absorb what we consume, and how our lifestyle influences health and well-being. She humorously describes herself as a retired member of the Special Forces Food Police Task Force! Her focus is always on the individual and their own metabolic needs so their body and mind perform optimally.



Kristin Grayce McGary Advises On

- Gut Health
- Sex life
- Environmental Allergies
- Addictions
- Food Sensitivities
- Chemical and Toxic Exposures
- Eight Blocks to Healing
- Constitutional Wellness
- Nutritional patterns and habits
- Trauma Resolution
- Lifestyle and Exercise
- Integral mapping of development



Keto Gut Repair & Paleo and Primal Nutrition A LEADING AUTHORITY

Kristin Grayce understands the critical importance of intestinal health and gut repair. Her work combines the best gut-healthy elements of primal, paleo and ketogenic diet plans while focusing on individualized wellness and nutrition. She not only includes an extensive list of appropriate foods for gut healing, combatting inflammation, balancing immune function, and preventing illness, but also details the right kind of blood tests needed for proper diagnosis of food sensitivities and autoimmune disorders. Kristin explains where to get them —to avoid ongoing misdiagnosis suffered by the many millions with gut problems and autoimmune challenges.

Interview Opportunity

KRISTIN GRAYCE



- A simple blood test is not enough. Kristin Grayce is a leading expert in **Functional Blood Chemistry Analysis (FBCA)** providing prevention advice through her in-depth reading of the patient's full blood panel with over 70 markers. Kristin Grayce uses **FBCA** to provide a deeper understanding of patients' health and wellness.
- Kristin Grayce is leading authority on leaky gut, gut microbiome, and food sensitivities. She explains the rising numbers of **autoimmune diseases and their link to the unhealthy gut**. What is the role of the GI tract in a person's health? What are the symptoms of a dysfunctional immune system and how can it be prevented and appropriately treated?

Other Talking Points

- Kristin Grayce's Healing Journey from Hashimoto's Disease to Full and Vibrant Health.
- Anti-aging and Glutathione
- Synthetic Vitamins versus Nutritional Food Intake
- The Health Issues Associated with Gluten
- Toxins and How to Detox
- Why Going Outside Isn't Enough for Proper Vitamin D Levels
- The Five Elements
- Food for Menopause
- Stress and How to Manage It
- Therapeutic Value of Chocolate and Sacred Cacao



Keynote Speaker

Kristin Grayce has been a keynote speaker at **Fibromyalgia Freedom Summit**, and featured speaker at **Vancouver's Wellness Show**, the **Natural Living Expo**, Denver's popular **Body Mind Spirit Expo** and most recently at the **Ultimate Women's Expo** in Los Angeles where she shared the stage with celebrities like **Vivica A. Fox**, **Tori Spelling**, **Chiquis Rivera** and **Mercedes Javid**. Thousands have heard her speak, and she continues to book increasingly higher profile engagements in North America and beyond.

Media Placements

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