

Christiane Northrup, M.D., visionary pioneer in women’s health, is a board-certified OB/GYN with more than thirty years of clinical experience, former assistant clinical professor of OB/GYN at the University of Vermont College of Medicine, and three-time *New York Times* bestselling author of *Women's Bodies*, *Women's Wisdom*, *The Wisdom of Menopause* and *Goddesses Never Age*. In 2013, *Reader's Digest* named Dr. Northrup one of the “100 Most Trusted People in America.” In 2016, she was named one of Oprah Winfrey’s Super Soul 100, a group of leaders who are using their voices and talent to awaken humanity. And in 2020 & 2021, she was included in the Watkins Spiritual 100, a list of living people that make a unique and spiritual contribution on a global scale.

Internationally known for her empowering approach, Dr. Northrup embraces medicine that acknowledges the unity of mind, body, emotions, and spirit, and teaches women to create health by tuning into their inner wisdom. After decades spent transforming women’s understanding of their sacred bodies and processes, Dr. Northrup now teaches women to thrive at every stage of life.

As a business owner, physician, former surgeon, mother, writer, speaker, and, according to Miriam Ava Ph.D., a “rebel, rock star and authority on what can go right with the female body,” Dr. Northrup acknowledges our individual and collective capacity for growth, freedom, joy, and balance.

Dr. Northrup has also hosted eight highly successful public-television specials, and her work has been featured on The Oprah Winfrey Show, the Today Show, NBC Nightly News, The View, Rachael Ray, Good Morning America, 20/20, and The Dr. Oz Show, among many others.

Don’t miss Dr. Northrup’s cutting-edge information. Join her worldwide community on www.drnorthrup.com, [Facebook](#), [Instagram](#), and [Twitter](#)