



# BILL BERGMAN, M.D.

## Physician and Health Educator

Dr. Bill Bergman is a graduate of Columbia University College of Physician and Surgeons with a 49-year history in Integrative Medicine and Stress Management. He has devoted his professional medical career to patient care, writing and community health education.

After working as an Emergency Department physician in three hospitals in California and a period of research, study and private practice, he established one of the most innovative preventive and integrative family practice clinics in New York City, where he specialized in clinical nutrition, therapeutic lifestyle and stress management.

He has focused his latest work in the field of destructive habit and addiction recovery. He has an online consulting practice, a course in “Ending Destructive Habits” and has provided training for non-profit organizations including St. Matthew’s House in Naples, Florida.

Dr. Bill’s teaching style has always emphasized distilling complex topics into a practical and comprehensive format so that his audience can receive real results in terms of improving their health and well-being.

## DR. BERGMAN’S MOST POPULAR MEDIA TOPICS

✓ **What is the Hidden Solution for a No-Willpower Approach to Ending Destructive Habits and Addictions?** - Gain insight on the role of urges in the creation of destructive habits and addictions. Without an urge there is no habit. And we can learn to experience an urge in a way that makes it go away on its own.

**Value add for the audience** - Learn how the latest easy-to-understand brain science provides the key to freedom from addictions.

✓ **How to Unleash High Performance in Your Career by Breaking the Chain of Unwanted Habits Without Having to Delve into Deep Personal Issues** - Even without exploring deeper personal issues, we can correct the imbalance of brain function behind destructive habits and addictions.

**Value add for the audience** - Learn about an effective two-pronged strategy for re-wiring the brain so a destructive habit is ended for good.

## PRAISE

“Dr. Bergman is one of the most profound doctors I’ve ever met! Knowledgeable, thoughtful, compassionate, innovative, and the list goes on... Don’t wait another minute to benefit from Dr. Bill’s wisdom!”

—Sara Davenport, Author, Consultant and COO: Barcode Branding

“Over the years it is been a true pleasure to draw on the great wisdom Dr. Bergman possesses. He holds a special gift and makes a unique contribution towards creating a culture of wellness”—Elzabieta Kosmicki, Therapist, educator, journalist and host of KGNU Wellness Wednesdays

## CONTACT

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