



Health Consulting, Education and Planning

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## Short Bio:



DocChristine - Integrative Health Consulting, Education and Planning

DocChristine (Dr. Christine Sauer) gets to the root of her client's chronic and complex Health issues and then uses her unique experience and knowledge to (Re-) Build their Ultimate Health.

She specializes in helping clients with chronic and complex health issues plan for their best health and wellness and then to help them to re-build their health so they can achieve their best quality of life.

As a retired German-trained and Board-Certified (Germany) Physician, Family Doctor, Naturopath, Dermatologist, Allergist, Gastrointestinal disease specialist, and Certified Brain and Mental Health Coach (by Dr. Daniel Amen ) and a Certified Integrative Nutrition Health Coach with over 30 years of experience in the Healthcare field, she offers a unique and unified perspective of conventional, alternative, naturopathic, functional and integrative healthcare.

Through her own journey through the abyss of physical and mental illness she discovered the principles of getting and staying healthy and well that she now shares with her clients and listeners worldwide in English and German as DocChristine.

She is a radio and podcast host, bestselling author, prolific writer, teacher and speaker.

Her hobbies are cooking, gardening, dogs and her backyard chickens...

Her motto is: "If You Are Stuck in a Dark Place, Don't Give Up! There Is A Light at The End of The Tunnel For You, Too"

She considers herself a citizen of the world, the universe and a loving human being. She strives to give unconditional care and inspire and support people to make the decision to change their lives for the better as well as give them practical help and resources to do so.

Website: <https://docchristine.com>

Facebook: <https://www.facebook.com/askdocchristine/>

LinkedIn: <https://www.linkedin.com/in/drchristinesauer/>

YouTube channel: <https://www.youtube.com/channel/UCTjHp6vOn8MFUfztuAAfuqQ>