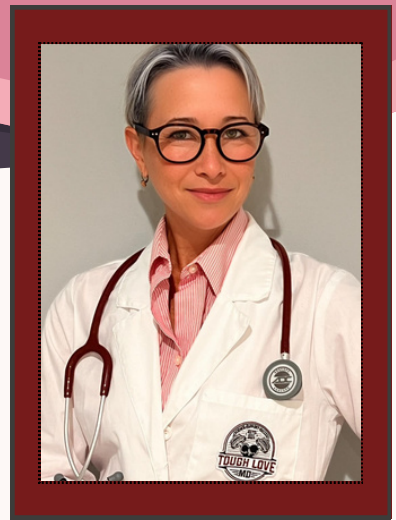




## AMY GUTMAN MD, FACEP

POWERHOUSE YOUR LIFE!

AWARD-WINNING PHYSICIAN. (COM)PASSIONATE LEADER.  
INTERNATIONAL SPEAKER. SASSY HUMORIST.



### ABOUT DR G.

With over three decades of clinical, corporate, and research experience, Dr Amy Gutman MD, FACEP, is board-certified in Emergency Medicine with Fellowships in prehospital care, resuscitation, and specialized certifications in general surgery, maritime medicine, administration/leadership, occupational medicine, and nutritional/ketogenic coaching.

She is an emergency physician in Orlando, Florida, the author of "Powerhouse Living: Lead Your Life Like A Resuscitation," which will be released in 2025, and the CEO of ToughLoveMD, a private practice that specializes in optimizing physical and mental health through evidence-based medical practices.

Dr. Gutman positively impacts patients' lives using science-based strategies with real-life applications. She has spoken to thousands of conference attendees globally and is dedicated to utilizing transformational medical science to empower personal and professional resiliency. Her passion lies in reducing the prevalence of debilitating chronic illnesses and empowering individuals to thrive mentally and physically, transforming into resilient Powerhouse leaders.

### SAMPLE SIGNATURE LECTURES

- Powerhouse Living: Live Your Life Like A Resuscitation
- Kind Lies vs Unpleasant Truths: How Kindness Kills
- The Remarkable Impact of a Ketogenic Diet on Brain Health
- You Sexy Beast! Using Diet To Improve Fertility and Fight Aging
- Turn Tiny Fractures Into Earthquakes: Turn Crisis Into Advantage
- Reverse The Curse: Kick Chronic Illness to the Curb
- Lies, Damn Lies, & Statistics: Everything You Think You Know About Nutrition Is A Lie



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