Naturopathic Physician, Therapist, Health Coach, Award-Winning Author

Dr. Deborah Zucker

Credentials

- Doctorate in Naturopathic Medicine
- Master in Clinical Mental Health Counseling
- Award-winning author
- Aletheia Advanced Coach
- Adjunct faculty, Bastyr University

Dr. Deborah Zucker is a compassionate and experienced naturopathic physician, mental health counselor, health coach, and award-winning author of *The Vitality Map: A Guide to Deep Health, Joyful Self-Care, and Resilient Well-Being* and the new companion, *The Vitality Journal*.

She supports midlife women through life's major transitions with offerings like transformative women's circles, virtual coaching, retreats, and her signature program, Vital U.

Dr. Deborah specializes in empowering individuals to cultivate embodied compassion and a deeper understanding of what truly ignites their vitality. With her guidance, clients consciously design their unique transformation—embracing freedom, confidence, and ease as they learn to follow their heart toward healing and renewal.

It was Dr. Deborah's own journey with chronic illness that evolved into a calling to support others in their healing.

Over the years, her personal and professional experiences have engendered an intimate understanding and humility for the ways in which life can bring us to our knees. She deeply knows the courage and resilience it takes to emerge from life's intense transitions, to navigate one's own authentic path in life, and the profound need for skillful and loving support on that journey. This is her heartfelt passion and mission.

Dr. Deborah guides clients to discover a path to greater alignment with who they are here to be and what brings them uniquely alive. In her work, she invites women to chart their own paths to embodied well-being and vitality. Learn more at **Vital Medicine**.

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