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

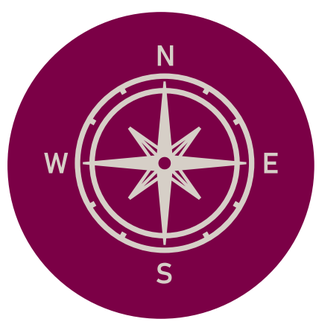
Dr. Deborah Zucker

Dr. Deborah Zucker is a compassionate and experienced naturopathic physician, mental health counselor, health coach, and award-winning author of The Vitality Map. **She supports individuals—especially women—through life's major transitions with offerings like transformative women's circles, virtual coaching, retreats, and her signature program, Vital U.** Her approach helps clients design their own healing journeys with freedom, confidence, and ease.

Having personally navigated a health crisis in her 20s, built a successful business, authored a book, and become a mother at 45, Deborah brings deep insight into the courage and resilience needed to live authentically. In her work, she invites women to chart their own paths to embodied well-being and vitality. Learn more at The Vitality Journal.

Signature Topics

The 9 Keys to Deep Vitality



Navigating Life Transitions with Resilience and Grace

Midlife Rebirth: Embracing Change and Finding New Purpose

The Healing Power of Community and Women's Circles

Healing from Burnout: How to Recover Vitality and Joy

Sacred Reemergence: Stepping Into the Next Version of Yourself

****Special Offer for Podcast Listeners****

Work with Deborah and get 15% OFF!
PLUS a FREE download here:
vitalmedicine.com/podcast

deborah@vitalmedicine.com

vitalmedicine.com

vitalmedicine.com/media

@deborahzucker

drdeborahzucker

Vital Medicine

Example Introduction for Hosts:

"I'm thrilled to welcome Dr. Deborah Zucker, a Naturopathic Physician, Therapist, Health Coach, and the award-winning author of The Vitality Map and now the accompanying Vitality Journal.

Her work empowers women to navigate the deep transitions of midlife with resilience, self-compassion, and community.

Today, we're going to dive into the 9 Keys to Deep Vitality and discover how women can transform burnout, loss, and life changes into powerful thresholds for renewal."

Example Questions for Hosts:

1. Can you share your personal healing journey and how it led you to create Vital Medicine?
2. What are the 9 Keys to Deep Vitality, and why are they so crucial for women at different points in their life?
3. How do you help women navigate major life transitions like burnout, loss, and identity shifts?
4. Why is community so important in the healing process, especially for women?
5. What role does self-care play in building resilience and vitality?
6. Can you talk about the inspiration behind The Vitality Journal and how it supports personal transformation?
7. What advice would you give to women who feel stuck or disconnected in their lives?

More Information:

Encourage your listeners to explore Deborah's transformational work and a special offer only for podcast listeners. This includes a discount on her services, a FREE downloadable guide to The 9 Keys to Deep Vitality, and more information on where to find her books: vitalmedicine.com/podcast

"Deborah Zucker is a ***gifted healer***, working with great compassion to help others find their holistic health mojo."

— Elizabeth Gilbert, Author of Eat, Pray, Love

deborah@vitalmedicine.com

vitalmedicine.com

vitalmedicine.com/media

@deborahzucker

drdeborahzucker

Vital Medicine