

Speaker Bio: Alison Marsden

For over two decades, Alison Marsden has been helping people break free from chronic pain and rediscover vibrant health. Through her unique, globally recognized mind-body approach—combining movement, nutrition, and mindset—she guides people out of pain and into a more joyful, balanced life.

Alison's signature talk, **“Aligning Yourself to the Hidden Powers of Nature,”** inspires audiences to reconnect with the body's innate ability to heal. Whether focused on diet or movement, her talks are interactive, practical, and deeply transformative.

In 2024, Alison published her first book, bringing her life-changing method to a wider audience. Her process empowers people to address a wide range of stubborn issues, including:

- Chronic neck and shoulder pain
- Abdominal discomfort
- Back ache
- Restless, overactive minds

Many of Alison's clients report life-changing results, including:

“I would recommend Alison's skills to anyone who wants to take back control of their relationship with food and stress.”

“I have learned so many things about myself and how to help my body and mind deal with LIFE.”

“The chronic neck and shoulder tension which I had suffered for years, has gone.”

Why Book Alison?

Alison will collaborate with you to understand the goals of your event and what you would like your audience to gain. She encourages audience participation and provides actionable takeaways, practical tools, and free access to some of her online resources to support attendees on their continued journey

For more information or to explore booking Alison for your event, please visit:

www.integratinghealth.com or email: hello@integratinghealth.com

View more client testimonials: <https://www.integratinghealth.com/about-alison-marsden>

