

AVANTI KUMAR SINGH, MD



MEDIA KIT

2022



When Dr. Avanti Kumar Singh began her career as an ER doctor in Chicago, she quickly recognized the limitations of Western medicine and believed she and her patients deserved more. This realization led her to Brazil to study energy healing, and to India to become a practitioner of its 5,000 year old ancient healing tradition known as Ayurveda.

Through her studies and travels, as well as her upbringing in a first-generation South Asian household, Avanti learned that each of us has the innate ability to attain and maintain our own optimal health using the simple habits of Ayurveda including meditation, yoga, breath, food, and circadian routines.

Today, Dr. Avanti is an internationally recognized wellness thought-leader, speaker, author and podcast host. Through a powerful mix of expert knowledge and accessible communication, her courses, lectures and writings beautifully bridge the gap between the technological advances of Western medicine, and the traditional practices of Eastern medicine.

Dr. Avanti holds a BA in Art History from the University of Chicago and an MD from Rush University College of Medicine. She also served as the co-lead facilitator of the Faculty Scholars Program in Integrative Healthcare at the OSHER Center for Integrative Medicine at Northwestern Medicine in Chicago, and is now the new Director of Ayurveda at BIÂN, a wellness and social space that integrates Eastern philosophies with Western medicine.

Avanti is a certified plant-based professional, certified yoga therapist and host of the top rated health and wellness podcast, *The Healing Catalyst*. In 2020, she self-published her first book, *The Health Catalyst: How to Harness the Power of Ayurveda and Achieve Optimal Wellness*. Her second book, *The Longevity Equation: Ancient Ayurvedic Principles for Vibrant Lasting Health*, is slated for publication by the esteemed Sounds True publishing house in early 2024.

Dr. Avanti's work has touched over five million lives, and has been featured in dozens of high-profile media outlets including goop, Google, mindbodygreen, Well + Good, Good Life Project, Thrive Global, and The Huffington Post.



Dr. Avanti's debut book, *The Health Catalyst*, shows readers how to spark inner transformation by practicing the simple habits of Ayurveda. Using “counter-balancing” remedies of routines, diet and tools of yoga, she teaches us to apply self-healing for optimal wellness and a more vibrant life. Avanti's second book, *The Longevity Equation: Ancient Ayurvedic Principles for Vibrant, Lasting Health*, will be released in early 2024 by Sounds True Publishing (Macmillan).

PRAISE FOR THE HEALING CATALYST:

*“Dr. Avanti Kumar-Singh has been an instrumental part of expanding my knowledge of Ayurveda – a 5000-year-old healing tradition that’s in direct contrast to the way we live our modern lives. Avanti’s new book *The Health Catalyst: How To Harness the Power of Ayurveda To Self-Heal and Achieve Optimal Wellness* is an indelible resource for those who want to heal and live a vibrant and harmonious life.”*

–Gwyneth Paltrow, GOOP Founder & CEO

“In her book, Dr. Kumar-Singh offers a beginner-friendly introduction to Ayurveda, presenting concepts in accessible and easy to apply methods. By emphasizing the knowledge of the gunas or observable qualities within nature – both externally and internally – the author helps the reader think more dimensionally about their lived experience: not what to think, but how to think and then ultimately, how to heal.”

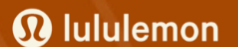
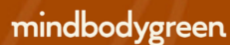
–Dr. Pratima Raichur, Doctor of Ayurvedic & Naturopathic Medicine, Author

SPEAKING + CORPORATE ENGAGEMENTS

For two decades, Dr. Avanti has been called upon to share her expertise with CEOs, Fortune 500 Companies, elite undergraduate and graduate institutions, and prestigious wellness industry and medical organizations.

Through a powerful mix of first-hand knowledge and communication, Avanti serves as a catalyst for transformation towards more vitality, and ultimately, more joy in everyone she works with. Her courses, writings, and lectures bridge the gap between the technological advances of Western medicine and the traditional, equally effective practices of Eastern medicine. Dr. Avanti demystifies Ayurveda so that anyone can understand its power and beauty.

Contact our team today to find out how we can be your partner in creating a custom wellness workshop, lecture or course for your business, organization, school or community.





INTRODUCTION TO AYURVEDA

Learn how to live in sync with nature using the power of Ayurveda to boost your mood and thrive.



BIOHACK YOUR HEALTH

Biohack yourself to optimal health and peak performance through Ayurveda.



BOOST YOUR IMMUNITY THROUGH AYURVEDA

Using easy, proven and no-cost tools to keep your immune system healthy and strong.



MAKE WORKING AT HOME WORK FOR YOU

Increase resilience and catalyze your energy while working from home.



UNLOCK YOUR ENERGY

How to beat fatigue, manage stress and supercharge your focus.

“

PRAISE FOR AVANTI



Dr. Avanti is an essential leader of Ayurveda and a powerful voice in wellness. She offers wonderful tools to regain your vitality and understand how to apply the ancient wisdom of Ayurveda to really work for your life."

- Tara Stiles, Founder of Strala Yoga, wellness expert,
and bestselling author

THE HEALING CATALYST PODCAST

Through Dr. Avanti's podcast, "The Healing Catalyst", she demystifies Ayurveda and shows listeners how this simple, ancient practice is the key to unlocking a healthy modern life. Her goal is to remind us that anyone can heal themselves because healing starts from within.

New episodes are released every Tuesday, primarily featuring long-form interviews with renowned experts, as well as occasional "Ask Me Anything" episodes to give listeners tools and insight they can incorporate into their lives immediately.



Website

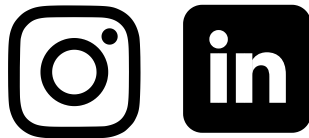
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Podcast

The Healing Catalyst



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