



Polestar Communications

Publicity, Advertising and Writing

About Ann Boroch...

Ann is a Naturopath, Certified Nutritional Consultant, Certified Hypnotherapist, Certified Iridologist, educator, author, and inspirational speaker.

More importantly, she is one of the few health practitioners who knows first hand that we can—and do—heal from incurable disease.

At age 24 she was diagnosed with Multiple Sclerosis, a progressively debilitating disease for which modern medicine has no cure. While her doctor told her to “get ready for the wheelchair,” she was determined to beat not just that prognosis, but also the disease itself. Forced to seek help outside the established medical community, she was symptom free four years later and has stayed that way for the last 14.

Her book entitled, *Healing Multiple Sclerosis: Diet, Detox & Nutritional Makeover for Total Recovery*, launched nationwide in bookstores April 2007. Barnes & Noble featured it in a storefront display. In her book, Ann reveals her personal journey of healing from MS, it’s causes, and a self-help treatment program for others to reverse it.

Ann believes that the human body, given the right environment, has the innate intelligence to heal itself from nearly anything—and that perfect health, on every level, lies within our own power. Ann has been in private practice for ten years in Studio City, California. She specializes in allergies, digestive disorders, hormonal imbalances, weight loss, autoimmune diseases, and is an expert on the silent epidemic, Candida overgrowth.

Ann is widely respected as an expert and advocate of natural health and wellness and has aligned herself with such forward thinking medical authorities as David Perlmutter, MD, one of the nation’s top neurologists who embraces natural medicine.

She has talked about her work at numerous workshops, seminars and other speaking engagements including the *Multiple Sclerosis Society* and the *National Health Freedom Show*. She has also appeared on numerous national radio and television shows including, *The Montel Williams Show* and *Air America’s Healthline with Dr. Alan Pressman*. And she has been featured in such print publications as *Women’s World* as well as *The Townsend Letter*, the nation’s premier review for alternative medicine. You can learn more about Ann by visiting her website at www.annboroch.com.

To arrange an interview with Ann or for other publicity questions contact:

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