

FEEL BETTER

RECOVER FASTER

LIVE WITH PASSION



DEBRA REIS, RN, MSN, NP

Step Into Health
with Supportive
Therapies for
Better Outcomes

Deb provides her audiences with information and experiences so as to understand supportive therapies that are available to benefit themselves and others.

Deb's Most Requested Trainings and Workshops:

Essential Oils –
using them wisely for
yourself and clients.

- Identify factors for quality and safety
- Learn 5 oils to use for everyday health and wellness

Relaxation Therapies –
balancing from the inside out

- Discover 3 quick tools to bring inner balance and peace
- Learn how to strengthen and support healthy immune function

Gentle Movement Therapies –

- build strength and flexibility with ease and grace.
- Discover body awareness and body sensation as a healing tool
- Identify movement for Your Body's Way

Deb's presentations can be provided as a keynote, breakout, or full day class that meet your group or organization's needs. Deb will customize the presentation based on your group's interest and needs.

Deb Has Authored:

Inflammation Book – Deb weaves her personal story with the science and research behind what was happening to her and the cleansing that assisted her to a healthy balance.

Cancer Care –This ebook provides practical yet simple suggestions to support a person going through cancer treatments. The 5 oils selected were based upon research and practical uses.

Radiation Report –Recent world events have given us greater awareness about radiation exposure and its effect on our health. This report provides some helpful tips to stay healthy.



Deb has provided presentations to the following groups (partial listing):

- ▶ ProMedica Goerlich Center nursing personnel (for Alzheimer and Dementia), Sylvania, OH
- ▶ Roseau Medical Center nursing personnel, Roseau, MN
- ▶ Essential oil groups at various locations in the U.S., Australia and Singapore
- ▶ Nia research study presented to Biennial Sigma Theta Tau Convention, National Conference Cancer Nursing Research.
- ▶ CAM therapies to Parish Nurse Group, Toledo, OH.



"Thank you so much for the GREAT new book you released on inflammation. It has already become a reference guide for me to deal with the results of cancer treatments over the last six years. You provide ideas, recipes and systematic investigation techniques that provide solutions for all individuals as different as we are."

~ Clarence Burge

Deb is the founder of The Next S.T.E.P. program - The Supportive Therapy Engagement Program. Her road map for integrating a STEP program into your institution will result in better outcomes for patients as well as employees.

Health conditions or medical procedures can be brutal to your mind and body. Supportive therapies can help bring balance to your life.

"Deb Reis, R.N. is highly recommended to be a featured presenter at any event. You will love her essential oil introductory classes and her expansion classes. They are thorough, informative and keep the audience interested all the way to the end. I love when the audience members leave saying how they wished their friend would have come or that they have lots of information they are excited to share with others. Deb gives a science flair and a fresh style to the essential oil classes. For those needing professional credits, our community greatly appreciated her accredited class for nurses also. They contained outstanding information and the feedback all validated her excellent teaching style." ~ Connie McDanel Bermidji, MN

"The integrative therapy training has made a positive impact on our resident care. The staff now has a better understanding of why the holistic approach is more beneficial for residents, families and staff opposed to stronger anti-psychotic drug use. They now have the knowledge, techniques and tools to use to be able to provide a calm and comfortable living environment for our residents, which at times can be a challenge when assisting people with Alzheimer's disease and related Dementia's. Everyone had fun with the training class and all had great things to say about the content and Deb's presentation style as well. Everyone was engaged and eager to put what they learned into practice." ~ Deanna Jones- Activities Assistant/STNA/Certified Dementia Practitioner The ProMedica Goerlich Center



To Book Deb:
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RN MSN NP

Supportive Therapies for Better Outcomes



"Health is a relationship between you and your body."
~ Terri Guillemets