

Dr. Denise Lamothe



Are you ready to create the “you” of your dreams, to live a life of joy, balance and radiant health — free from addictive behaviors? **The doctor is in!**

Dr. Denise has emerged from the adversities of being a homeless college drop-out, surviving multiple eating disorders and single-parenting three children to craft a life of balance and joy. She is a former motorcycle racer and she speaks from experience! Dr. Denise has spent her career encouraging people to make wellness a priority in their lives. She is the “go to” person for anyone seeking to develop a healthier lifestyle.

- WEIGHT LOSS ANALYST
- CLINICAL PSYCHOLOGIST
- DR. OF HOLISTIC HEALTH
- AUTHOR
- PROFESSIONAL SPEAKER



Some of Dr. Denise's Programs

P B & J with the Crust Cut Off

Peace, Balance and Joy -- cutting-edge strategies for designing your fulfilling, no fluff life.

Your Weigh Out!

Dr. Denise dispenses hope in her powerful yet gentle, humorous style, helping others create lives of balance, prosperity, radiant health and joy -- free of self-destructive behaviors.

How Many Rings Under Your Big Top?

In the circus of life, juggling is a skill precious few have mastered. Discover the secrets to being balanced, productive and happy, while enjoying the show.

Taming Your Chew...

Want to look great, feel great, be heard and valued? In this lively presentation, Dr. Denise dispenses hope in her powerful yet gentle, humorous style, helping others to create satisfying lives of balance, prosperity, radiant health and joy. Feel the power, now. Live life on your own terms – free from emotional eating.

For more information or to book an engagement:

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Dr. Denise's popular book,
The Taming of the Chew