

LONA COOK

DRLONACOOK.COM



LONA COOK

2021 Press Kit

AUTHOR • CHIROPRACTOR • SPEAKER • FREEDOM FIGHTER • WRITER



**Author, Mother, Speaker,
Entrepreneur,
Chiropractor, LIFE Lover**

 DrLonaCook.com

 [@CookLonaDC](https://www.instagram.com/CookLonaDC)

 [Lona Cook DC](https://twitter.com/LonaCookDC)

Short Bio

As a doctor of chiropractic and healer for over a decade, Dr. Lona Cook walks her talk. She has seen thousands of patients and spent countless hours studying holistic healing modalities as a way of providing results that not only help patients' health but impact their whole life. Dr. Lona is the author of *Reclamation: The Evolution of a Hot Mess*. She uses her life as a tool to teach others how to heal from the inside out and recognise our own Innate intuitive guidance system.

Full Bio

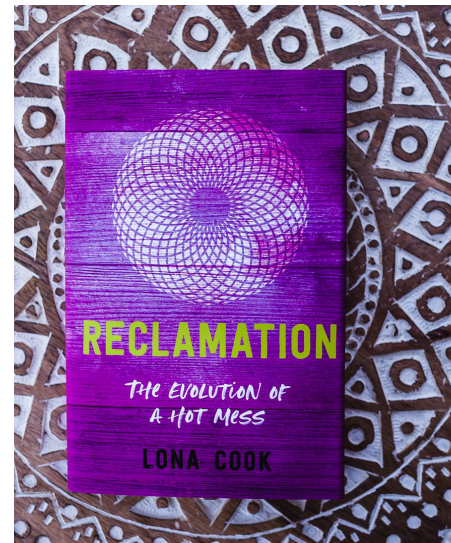
Author, Speaker, Holistic Chiropractor, Entrepreneur and Mom, Dr. Lona Cook has a passion and skill for helping others embrace their innate power and see the interconnectedness of their physical, mental, emotional, and spiritual worlds.

As a doctor of chiropractic and healer for over a decade, Dr. Lona has seen thousands of patients and countless hours studying healing and seeking results that not only help patients' health but impact their whole life. It is from this work, and healing in her own life that Dr. Lona brings this holistic view into the mainstream.

Her passion is to help others see their own innate power in their life and how key changes can help across any area of our pursuits.

In 2009, Dr. Lona stepped into entrepreneurship after a series of events woke her up to her calling and a different life path than she had originally planned.

Since, she has opened several brick-and-mortar practices, all successfully operating today. She has spoken internationally in the chiropractic and holistic health fields and her passion is helping others heal, see their innate power and potential so they can transform their own journeys.



She published her book, Reclamation: The Evolution of a Hot Mess in 2021.

This book jumped out hot on the women's spirituality category on Amazon right away. With this new book, Dr. Lona is excited to reach her message of healing and the power to transform our lives we all carry!

"Reclamation: The Evolution of a Hot Mess"

Are you ready to reclaim your true self? Like, really ready to change and shed the baggage?

Lona Cook wasn't until she couldn't ignore change any longer. A literal gun to the chest. Maybe you don't even register that you need to make changes to live authentically. Lona realized in hindsight that many of the changes that would empower her life had been staring at her for years. During her twenties, there were literal nudges from the Universe to "wake up" around every corner. But, for the most part, she was tone-deaf to them.



A holdup at gunpoint in Costa Rica was the beginning—cracking open some light to look at life differently.

Now, Lona shares that message in Reclamation, helping you see your life—and your whole, true self—through a new lens. Learn to recognize what the Universe is telling you about who you are, what your purpose is, what you need, and where you're going.

***Reclaim your power. Reclaim your joy.
Reclaim your life.***

Lona's Motivational Message

RECLAIM your center and create the changes you are looking for by starting with yourself internally. Dr. Lona shows you simple ways anyone can transform their life by going within first and changing your viewpoint.

HEAL by learning to listen within. Dr. Lona teaches to listen to our internal nudges and ability to align internally first and then take aligned action to heal our bodies and our lives.

Most Popular Media Topics

- How healing your mind, body, and spirit can transform your life on every level.
- Practical ways to realign your life on a daily basis.
- How to identify patterns that keep you stuck or drain your energy.

Audience Take Aways

- How to identify patterns in their life externally and internally
- What to do next when you identify a pattern you want to work on
- Top habits that will help you step into your most fulfilling life.

Suggested Interview Questions

- You have been in practice for over a decade; What is one of your biggest take-aways from helping so many people in their healing journey?
- Why did you write Reclamation?
- How is your external world a mirror for your inner world?
- If you could teach people one thing, what would it be?
- What does fulfilment look like to you?
- How do you see holistic health and chiropractic stepping into more mainstream health and well-being care in the next 100 years?
- Why don't you like the world balance as a mother, wife, entrepreneur, and writer?

Social Media Links

- **Facebook:** https://www.facebook.com/drlonacook/?ref=page_internal
- **Instagram:** https://instagram.com/cooklonadc?utm_medium=copy_link
- **LinkedIn:** <https://www.linkedin.com/in/LonaCook>
- **Calendly:** <https://calendly.com/drlonacook>
- **Reclamation:** The Evolution of a Hot Mess: <https://geni.us/EvolutionofaHotMess>

Requested Media Photos



**BOOK DR. LONA FOR A PODCAST, LIVE
AND VIRTUAL SPEAKING EVENTS!**

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"What vibrations are activated in you right now? It is not bliss to be ignorant that you are creating your life by the energy you hold. You are a walking magnet. Want a different life, you must shift your attraction point. "

-Dr. Lona Cook

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