



SPEAKER ONE-SHEET

Dr. Jessica Dietrich-Marsh, D.C.

International Wellness Speaker | Chiropractor | Mom
Creator of the Four Pillars of Health

Helping audiences see their health as a whole picture.

Practical tools your audience can use the next day, explained in plain language.

About Dr. Jessica

For over 30 years, Dr. Jessica has helped individuals and families understand what affects how they feel. Her Four Pillars of Health framework (Structure, Emotion, Environment, and Nutrition) gives audiences a simple way to see the connections and the practical steps they can take. Her talks blend clinical experience, real stories, and tools audiences can use the next day.

Signature Talks

Hormones Demystified: What Your Body Is Trying to Tell You

How hormones connect to sleep, stress, nutrition, and daily habits, in plain language.

- How key hormones work together and what affects them
- How stress, sleep, and food choices can influence hormone balance
- Questions to bring to your healthcare provider and habits to start

A Healthier Brain: Everyday Habits That Support Focus, Memory, and Mood

The brain is adaptable, and daily choices affect how clearly we think and how steady we feel.

- How nutrition, sleep, movement, and stress affect focus and memory
- Common everyday stressors on the brain and what to do about them
- A practical daily routine for supporting brain health

Stuck in Survival Mode: How Stress Shapes Your Emotions

How the stress response affects how we think, feel, and treat the people around us.

- What the stress response is and how it affects emotions and behavior
- How to spot the signs of survival mode in yourself and at work
- Simple tools to build emotional resilience and recover from stress

What Attendees Say

"I have been lucky enough to hear Dr. Jessica speak on multiple occasions. She has a wealth of knowledge and is able to break things down in such a way that is easy for me to understand, and she teaches me about major body systems and true healing in such a consumable way. She is not someone who follows trends. She creates them! She has stayed consistent with her teaching and proven methods for 30 years now. I always jump at the chance to learn from her!"

Mia Abrams, Co-Founder of Drink Black Coffee

Formats

- Keynotes
- Workshops and breakout sessions
- Panels (panelist or moderator)
- Professional education seminars, 60 minutes to a full 12-hour day
- 3 to 4 day retreats
- In person or virtual

Audiences

- Continuing education
- Corporate wellness
- Women's summits

Continuing Education

Dr. Jessica's continuing education sessions are formally approved for CE credit. Credit availability varies by state and profession.

Where She Has Spoken

- National Nutritional Standard (NNS) 2026 Symposium: The Modern Woman's Health Through All Life's Stages (session presenter)
- Standard Process
- Young Living (specialized event)
- Audiences from 12 to 500
- Full-day, 8 to 12-hour education programs

Educational content only. Not a substitute for individual medical advice, diagnosis, or treatment.

Book Dr. Jessica

To check availability, email DrJessica@AskDrJessica.com with your event date, location, and audience size.

AskDrJessica.com

Contact for rates. Custom proposals for keynotes, CE programs, and retreats.
Inquiries answered within 1 to 2 business days.