



About Ann G. Kulze, M.D.

As a physician, Dr. Ann Kulze is on a personal crusade to share with as many people as possible the joys of living well. She is a nationally recognized expert and motivational speaker in the areas of nutrition, healthy lifestyles and disease prevention. As a gifted teacher with unrivaled credibility and passion, Dr. Ann transforms all of the “new science” of healthy living into programs that are simple, easy and fun!

With her unique background and formal training in both nutrition and medicine, along with her extensive “hands on” experience as a wife, mother of 4 and trusted family physician, Dr. Ann has distinguished herself as a one-of-a-kind “real world” nutrition and wellness expert. Growing up in a family with a rich heritage in science and medicine, Dr. Ann developed an interest in wellness and specifically nutrition at an early age. Following her passion, she attended Clemson University and graduated with honors with a degree in Food Science and Human Nutrition. She received her medical degree from the Medical University of South Carolina, where she received numerous academic awards and graduated as the Valedictorian of her class. Following her professional training, she worked as a family physician for 14 years and established the wellness consulting firm, Just Wellness, LLC in 2002.



In addition to her private wellness practice, she is a corporate wellness trainer and a highly sought motivational speaker. She has been the national spokesperson for Ruby Tuesday’s highly acclaimed SMART EATING Initiative, and regularly consults with national organizations in the areas of nutrition and wellness.

Dr. Ann is the author of the critically acclaimed book, *Dr. Ann’s 10-Step Diet: A Simple Plan for Permanent Weight Loss and Lifelong Vitality* (2004 Greenleaf Book Group) and has created a host of other wellness resources including DVDs and CDs to further leverage her inspirational wellness message.

Dr. Ann has been featured by a number of national media outlets including Oprah and Friends Radio, *Time Magazine*, *USA Weekend*, NPR, WebMD, CNN Radio, and *Prevention*, among many others. She is a regular host of South Carolina’s NPR *Your Day* radio program, a regular guest on radio across the country, and a wellness columnist for *Small-Biz Focus* magazine and the *Cancer Prevention Works Newsletter*.

When she is not writing, researching or motivating others through her public or corporate speaking engagements, Dr. Ann lives her wellness message, enjoying swimming, running, kayaking, cooking and spending time with her wonderful family.

Dr. Ann lives with her husband and four children in her native Charleston, SC. She currently serves on the Board of Directors of the Prevent Cancer Foundation, the Medical Advisory Board for Exercise TV, the Medical Advisory Board for the Wellness Councils of America (WELCOA), the Board of Directors for the Center for Women, and the Wellness Council of Ashley Hall School. Dr. Ann is a current recipient of the distinguished South Carolina Liberty Fellowship.