

Karyn Shanks MD

KARYNSHANKSMD.COM



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Visit Karyn's work:

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[click here to sign up for her weekly Dear One emails](#)

Join Karyn and like-minded seekers of vibrant health in her [exclusive Facebook group, Grit and Grace](#). This is where we share the hard work of self-care: our struggles, insights, and our stories.

AS SEEN ON:



Dr. Karyn Shanks is a physician, teacher, and author of *Heal—A Nine-Stage Roadmap to Recover Energy, Reverse Chronic Illness, and Claim the Potential of a Vibrant New You*.

Karyn believes that health and vitality are essential for the highest expression of our human potential, and that the bones of healing are in what we do for ourselves.

During twenty-five-years of medical practice she has helped thousands of clients with chronic illness to heal, and to regain their hope, their energy, and their life's potential.

Listening passionately to their stories while fully engaged with her own life-school of learning, Dr. Shanks has developed *The Nine Domains of Healing* roadmap that synthesizes what she has learned to be true: that healing is always possible, that it is within everyone's grasp, and that it ultimately comes from within. Whether working with clients suffering from debilitating disease, or those who feel there is more and want to feel like themselves again, she shares her extensive knowledge and experiences in a way that is approachable and leads clients into change that is doable. Guiding, teaching, and cheering on her clients (also kicking them in the butt when necessary!), Karyn is a mentor who connects with people and reminds them of what is possible.

Dr. Shanks received her medical degree from the University of Chicago and completed her training in Internal Medicine at the University of Iowa. Board certified in Internal Medicine and Functional Medicine, she is also a founding diplomat of the American Board of Integrative and Holistic Medicine. She will say, though, that her greatest teacher has been Life School, the profound lessons she has learned as a person, a physician, and a patient herself. She has integrated those lessons with the science, cultural wisdom, and experiential knowledge gleaned from her extensive work.

She is the founder and director of The Center for Medicine and Healing Arts in Iowa City. She is sought out nationally as a healer by her clients and as a mentor by Functional Medicine practitioners. In addition to numerous articles in the Huffington Post, Holstee, Thrive Global, and others, as well as her own weekly blog and email series "Dear Ones," she is also the author of *Big Energy: How We Reclaim Our Health, Our Vitality Our Lives, Let Go: The Nine Domains of Healing, Part One*, and *Love: The Nine Domains of Healing, Part Two*. She has published an extensive collection of in-depth articles on chronic fatigue, nutrition, and body-mind healing, available on her website, karynshanksmd.com.

Karyn lives in Iowa City with her husband and dogs. She is most proud of her two sons, beautifully launched and landed in their own lives. She loves her many playgrounds—the woods, gym, her back deck, and her writing room.

Heal

*A Nine-Stage Roadmap to Recover Energy,
Reverse Chronic Illness, and Claim the Potential
of a Vibrant New You*

Pioneering physician Karyn Shanks MD helps us reclaim our lives from the suffering of chronic fatigue and complex illness, based on cutting-edge science of human potential and sustainable healing.

“I just want to be ... *myself* ... again.”

“I want my life back.”

Fatigue. Suffering. Chronic illness. Feeling like you’re lost, hopeless, or not living up to your life’s potential. These are not your destiny. They’re a wakeup call. Your call to a healing life.

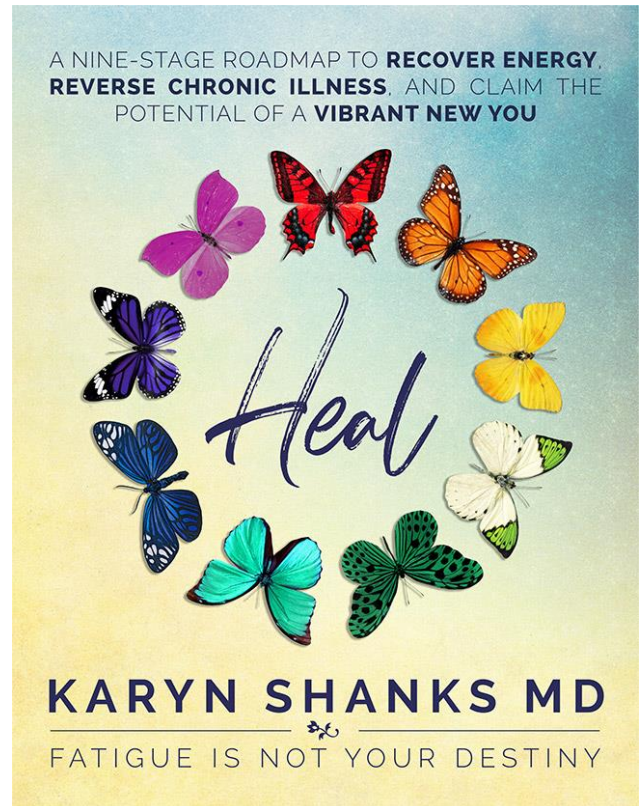
All things heal.

Healing is a primary urge of nature. We see it all around us. How the earth destroyed by fire will soon sprout new trees, the waters flow again, and the animals return. You have the same potential for rebirth and renewal.

Applying the science of human potential—epigenetics, neuroplasticity, core biology, and body-mind psychology—you will master *The Nine Domains of Healing*, tools for your energy recovery and healing. You will experience firsthand how fatigue, suffering, and chronic illness are the unsung messengers leading you directly to new hope and your untapped potential.

Together, let’s call back your energy, your potential, and your power to heal.

You can heal.



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PAPERBACK DETAILS

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Category: Nonfiction

Price: TBA

Praise for *Heal*

“Dr. Shanks is a thought leader and rare gem in the field of medicine, and one who walks her talk. Listen intently to the wisdom she distills....it is right on target.”

-Betsy Rippentrop, PhD, Licensed Psychologist, Yoga Teacher, Author

“Karyn Shanks is a gifted diagnostician who realizes that true health care is more than a diagnosis and a pill.”

-Margaret J. Hansen, DC, Clinician, Author, Inspirer

“There is a paradigm shift occurring in medicine and Karyn Shanks MD has made it her life’s work to embrace that shift for the benefit of her patients. Read this book. Restore your life. The choice is yours.”

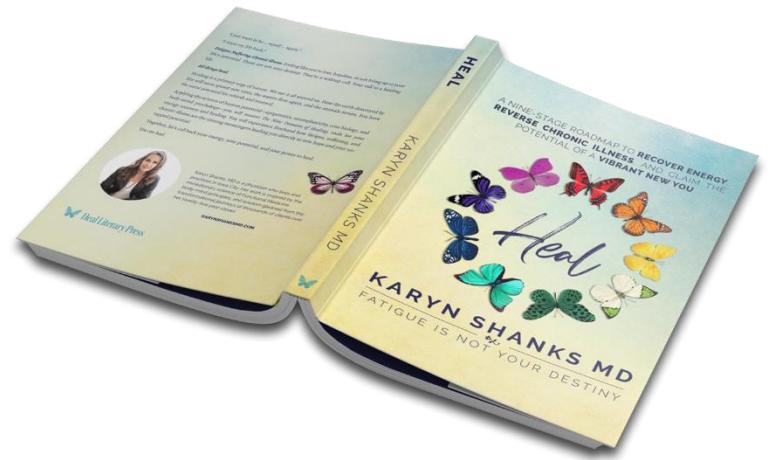
-Jordan M. DeGrazia MA, DC

“Dr. Karyn Shanks has written a book that is literally the only reference of its kind.”

-Candida Maurer, PhD, licensed psychologist, mind-body therapist, and co-founder of Iowa’s largest alternative medicine center

“Karyn is the real deal and has put large amounts of time, energy and grit into her education and her own battles to be and stay healthy through life’s challenges....this has given much deeper wisdom and insight to her work.”

-Conrad Stalheim, DC, Chiropractic Physician, BS Ex. Science & Health & Human Performance, Certified Strength & Conditioning Specialist



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“Heal, will be a valuable new roadmap for those seeking to restore their health and vitality.”

-Terry Wahls, MD, IFMCP, researcher, author *The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles*

“Dr. Shanks is not interested in treating illness, she is interested in treating the human experiencing illness. Her openness to the entire human experience and it’s effect on health makes her an approachable and effective healer.”

-Alice Spitzner Claussen L.Ac., Dipl.O.M., Twig and Needle Chinese Medicine

“A must-read for individuals seeking optimal wellness.”

-Joseph Lamb MD, Medical Director, The Hughes Center for Research and Innovation

“Dr. Karyn Shanks has created a masterpiece of empathy, storytelling, and expertise. This book will change lives.”

- Robin Stephen, Author

Heal

A Nine-Stage Roadmap to Recover Energy, Reverse Chronic Illness, and Claim the Potential of a Vibrant New You