

# DR. CEDRICK

MEDIA KIT



**DR. CEDRICK BATCHATEU**

AUTHOR, SPEAKER, SELF-CARE ADVOCATE



DrCedrickB



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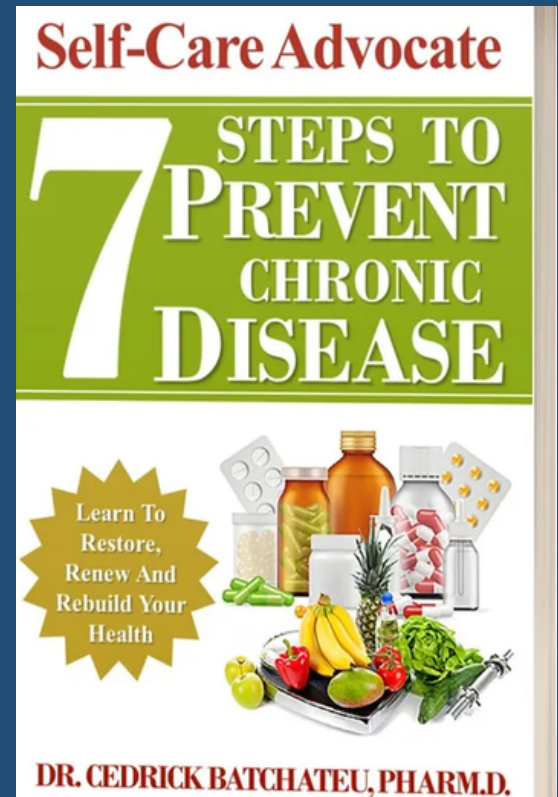


DrCedrick



Dr.Cedrick

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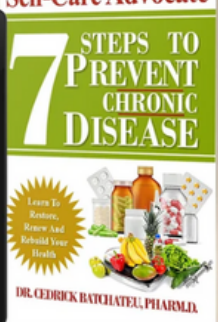
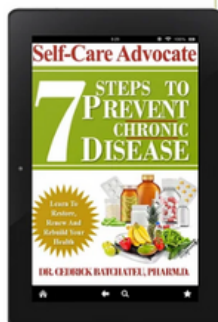
## DR. CEDRICK BATCHATEU

Hello, I'm Dr. Cedrick Batchateu, CEO of Cedrick Wellness Resources. I'm the creator of the Self-Care 7 protocol, host of the Self-Care Forum Podcast, and of course, author of Self-Care Advocate: 7 Steps to Prevent Chronic Disease. I am a graduate of Albany College of Pharmacy & Health Sciences, and for the last 9 years, I have been speaking and teaching on chronic disease prevention.

The fact is that 6 in 10 adults live with at least one chronic disease. The growing prevalence of chronic disease threatens to overwhelm the United States healthcare system. We face an epidemic of high blood pressure, obesity, heart disease, diabetes, COPD, kidney disease, and acid reflux. In it's current form, our healthcare system cannot stop this growing trend. The impact is felt in blood, sweat, and dollars. The average person suffers in silence, often relying on prescription drugs to mitigate their symptoms. Self-care advocates however actively work to prevent the conditions that lead to chronic disease. Whether you're interested in chronic disease prevention, or risk reduction, now is the time for self-care using a holistic approach.



**DR.  
CEDRICK**



- Lower blood pressure
- Lower a1C (blood sugar)
- Lower LDL (lipids)
- Lose weight
- Reduce medication use
- Prevent chronic diseases

Hardcover | eBook |  
Audiobook | Course

Author | Speaker | Coach | Self-Care Advocate

# MEDIA

Dr. Cedrick has written articles for several magazines including:



He interviews health & wellness professionals on his podcast



He has tens of thousands of followers across all his social media



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**FOLLOWERS**

**20,000+**

The Self-Care Advocate message has been featured in the news:

AS SEEN ON



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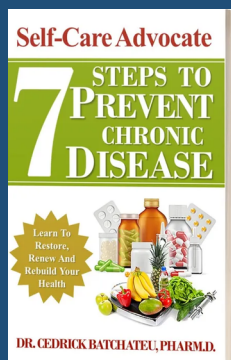




# SPEAKER

We offer seminars, webinars, and workshops. These are offered virtually (Zoom) or in-person. Dr. Cedrick delivers a high-energy message of hope, which aims to inspire audiences to adopt healthier habits. Each seminar lasts between 45-60 minutes. Below are the speaking programs we offer.





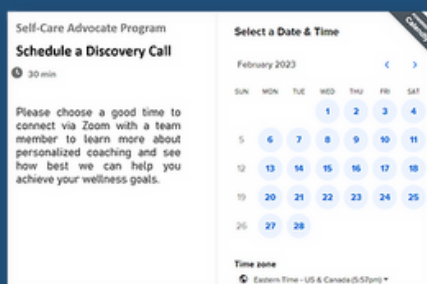
If you want to optimize your health, prevent chronic disease, or reduce your risk factors, this book is for you. Self-Care Advocate is available in paperback, eBook, and audiobook. Get this book and become a self-care advocate by implementing our Self-Care 7 protocol.

In the Self-Care Advocate course, we'll show you how to protect yourself from the growing trends of chronic disease while reducing your risks of developing them.



Self-care summit is a first-of-its-kind event to address chronic disease prevention and the roles people have in maintaining wellness and upholding their health.

The Self-Care Forum podcast shares knowledge that will empower you to address the root cause of your disease. We interview health and wellness professionals with interesting perspectives.



Join Personal Coaching To Help You Adopt a Holistic Lifestyle to Prevent Chronic Disease and Rebuild Your Health in 49 Days Using our Self-Care 7.

With Self-Care Academy, you'll learn the proven protocol to adopt a holistic lifestyle and rebuild your health.



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"The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease."

Thomas Edison

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✓ [CONTACT@DRCED.COM](mailto:CONTACT@DRCED.COM)

✓ [WWW.DRCED.COM](http://WWW.DRCED.COM)

✓ 914 355 6796



[WWW.DRCED.COM](http://WWW.DRCED.COM)