LAUREN GEERTSEN is an author and autoimmune expert.

At age 18, Lauren was bedridden with a severe autoimmune disease doctors had called “incurable.” She learned how to heal herself using nutrition and holistic therapies.

She’s been on a mission ever since to help people find freedom from autoimmunity and pharmaceuticals.

Her health website, EmpoweredSustenance.com, has supported over 40 million people with holistic resources. She’s the author of numerous books on self-empowerment and self-healing, including *The Invisible Corset* and *The Scorpion and The Lion*.

As an independent health researcher, she analyzes the political and financial influences behind medical data to discern fact from fraud. She’s authored over 500 articles on holistic health at her website EmpoweredSustenance.com and her Substack publication.

Lauren is known for disseminating the hidden truth about the pharmaceutical industry and the Botox industry in her books and articles. Because her work threatens these corrupt industries, she is sometimes labeled a "conspiracy theorist." She prefers the more accurate term, "Truth Activist."

In 2017, Lauren rose to some notoriety by whistleblowing the systemic abuse at the nutrition school she attended. She revealed a cover-up that led all the way to the school’s founder, then published her high-stakes story in *The Scorpion and The Lion*.

Lauren developed an approach called Body Connection Coaching to address the root emotional and psychological causes of chronic illness. Her seminal program, *The Autoimmune Class*, is a 28-day course to find autoimmune and pharmaceutical freedom.

SOCIAL FOLLOWING
150K + across all platforms

@Body_Connection_Coach
@Lauren_Geertsen
@LaurenGeertsen
@EmpoweredSustenance

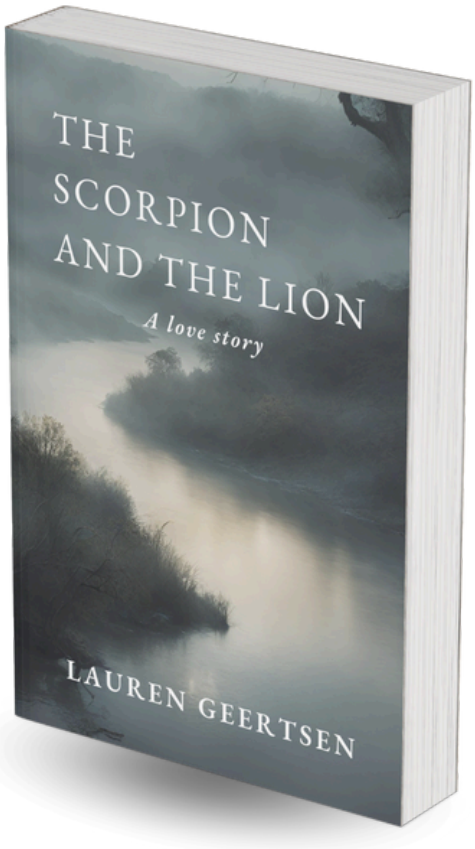
PRESS

Lauren has been featured on radio and top-ranking podcasts, including:

- Lauren on The Wellness Mama Podcast
- Lauren on The Cults to Consciousness Podcast
- Lauren on The Insights at the Edge Podcast

Beyond the 500+ articles she's published at her website EmpoweredSustenance.com and her Substack, Lauren has been published at:

- Dr. Kelly Brogan – *How The Invisible Disconnects Women From Their Bodies*
- Evie Magazine - *I Quit Anti-Aging; Here's Why You Should Too*
- Amandha Volmer - *Botox, Fillers, and The Transhuman Agenda*



Lauren's new book, *The Scorpion and The Lion*, is out now

'Sometimes a story has the power to transmit the deepest of spiritual truths about what love is, what it isn't, and how to resist the bait of disempowerment so you can alchemize pain into purpose. The Scorpion and The Lion *is that story."*
- Dr. Kelly Brogan, New York Times bestselling author and renegade psychiatrist

Lauren discovers an incomprehensible legacy of abuse within her nutrition school, and embarks on a fierce journey to unveil the truth.

Part whistleblower exposé and part spiritual memoir, Lauren offers a roadmap for radical healing, both in our communities and our world-at-large. *The Scorpion and The Lion* is for anyone who wants to come out of painful circumstances not only healed, but resplendent.