

# Dr. Anita McDaniel, Ph.D.

Doctor of Holistic & Functional Medicine | Board Certified Master Mental Health Coach | Certified

## CREDENTIALS

Doctor of Holistic Medicine  
Doctor of Functional Medicine  
Board Certified Master  
Mental Health Coach  
Certified Brain Health Coach  
(Dr. Daniel Amen / Light University)  
Member, AACC  
Member, GEHA

## AREAS OF EXPERTISE

- Perimenopause & Hormonal Health
- Metabolic Recalibration
- Nervous System Regulation
- Brain Health & Cognitive Performance
- Identity & Leadership Development
- Women's Integrative Medicine
- Burnout Recovery
- Faith-Forward Wellness Strategy

## CONTACT & BOOKING

**Web:** [www.anitamcdaniel.com](http://www.anitamcdaniel.com)

**Book:** [www.bookwithanita.com](http://www.bookwithanita.com)

**Location:** Greensboro, NC

**Available:** Virtual & In-Person

## ABOUT DR. McDaniel

Dr. Anita McDaniel, Ph.D. is the founder of The McDaniel Institute — Integrative Health & Leadership, a practitioner-led institution headquartered in Greensboro, NC. With dual doctoral degrees in Holistic and Functional Medicine, board certification in mental health coaching, and advanced training under Dr. Daniel Amen in brain health, Dr. McDaniel occupies a rare intersection of clinical depth, systems thinking, and transformational leadership. Her work centers the whole woman — physiological, neurological, emotional, and spiritual — through her proprietary WholeHer Restoration Method™. She is the host of the WholeHer Wellness Podcast and founder of the WholeHer Wellness Society.

## SIGNATURE SPEAKING TOPICS

### The Midlife Metabolism Myth™

Midlife weight gain is not inevitable — it is a signal. Dr. McDaniel dismantles the calorie-restriction narrative and replaces it with a root-cause framework for hormonal stability, metabolic recalibration, and weight trending down as an outcome of physiological alignment.

### Regulate to Restore™: The Nervous System–Hormone Connection

Chronic stress is not a mindset problem — it is a metabolic and hormonal one. This session explores how dysregulated cortisol, disrupted HPA axis function, and sympathetic dominance drive burnout, body weight changes, and cognitive decline — and how regulation becomes the first clinical intervention.

### Unmute Her: Identity, Voice & the Rebuilt Woman

For high-achieving women who have optimized everything externally while silencing themselves internally. Dr. McDaniel guides audiences through the neuroscience of identity disruption in midlife and a structured framework for rebuilding voice, leadership presence, and purpose alignment.

## IDEAL FOR

- Women's Conferences & Retreats
- Corporate Wellness Programs
- Healthcare & Integrative Medicine Events
- Faith-Based Women's Summits
- Podcast & Media Platforms

## AVAILABLE FORMATS

- Keynote Address (45–60 min)
- Workshop / Breakout Session (90 min)
- Panel Participation
- Podcast Guest Interview
- Virtual or In-Person