

Dr. Stacie Stephenson

Vibrant Doc
Founder & CEO

Dr. Stacie Stephenson found her way into alternative medicine when a figure skating accident derailed her Olympic dreams. Intense training had led to high levels of stress, illness and injury, and her doctors only offered pharmaceutical solutions. With a growing interest in medicine, she noticed the focus was only on treating disease. "I wanted to learn about creating health, so I immersed myself in integrative modalities," she says. With certifications in lifestyle medicines, including nutrition, Chinese medicine, acupuncture and anti-aging, Dr. Stephenson opened a private practice dedicated to functional medicine.

With a desire to dispel health myths and deliver health truths to a wider audience, she founded Vibrant Doc, a health media company. Her national bestselling book *Vibrant: A Groundbreaking Program to Get Energized, Own Your Health, and Glow* was published in 2021. On July 4, she'll release her second book, *Glow: 90 Days to Create Your Vibrant Life from Within* with Harper Celebrate. "My first book was a foundational text with a program for creating health," says Dr. Stephenson, "while *Glow* is designed as a daily reader with short, inspirational and motivational meditations and tips for creating better habits and achieving better mental and physical health in small steps."

Philanthropy also plays a major role in Dr. Stephenson's life with a focus on funding cancer research, as Vice Chair of Gateway for Cancer Research, and advocating for children. She was named Childhelp's Woman of the World for her philanthropic and on-the-ground efforts for children in abuse situations, and she and her husband were honored with the Unsung Hero Award by the Women's Cancer Research Fund.

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