



**Karen Lee Paquette, inspirational health and wellness expert,** comes inimitably qualified, having acquired a set of unique personal and professional credentials that enable her to view health, from a completely new and innovative perspective.

Karen holds both a [BS in Zoology](#) and a BS in [Physical Therapy](#) from the [University of British Columbia](#), an RCAMT from the [Canadian Academy of Manipulative Therapy](#), an ND, doctorate diploma, from The Canadian College of Naturopathic Medicine, and a CCC, Certified Comprehensive Coach, from [Comprehensive Coaching U](#).

Karen has dedicated her life to learning and practicing the principles of healthy living. Since 1994 she has been teaching these principles helping thousands of individuals transform their health and lives one at a time through the development and operation of some of the most successful client programs in her field. In addition to her work locally, Karen traveled extensively as a personal physical therapist of World Champion and five-time Olympian David Ford.

In May 2007, Karen resigned from her five year professorship at the Canadian College of Naturopathic Medicine and with her unstoppable spirit founded GO Doctor Solutions Inc., a company that is committed to providing excellence in preventative medicine on a much broader scale to people in need.

In Feb 2008, Karen published ***Stop Being Stopped: The GO Doctor's Guide to Unleashing the Healthier, Sexier You*** whose message is to let people know that they no longer have to struggle to integrate the principles of healthy living into their lives and can easily achieve the health and appearance goals they so desperately want and more importantly deserve.

Aside from her long list of credentials, upon meeting Karen you will find that she is an extremely vibrant and healthy young woman who practices what she preaches.

She is a highly sought after speaker who recently became affiliated with Mark Victor Hansen (author of the Chicken Soup for the Soul series) as a faculty member in his first ever health seminar entitled MegaYoungevity.

Currently she practices in the Comox Valley providing creative approaches and resources that help individuals turn the principles in her book into reality!

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