

SPEAKER KIT · 2025-2026

Dr. Kumkum Patel MD, MPH, FACG

GASTROENTEROLOGIST · WOMEN'S GUT-BRAIN HEALTH EXPERT · KEYNOTE SPEAKER

Intersecting Gut Health, Hormones, and High Performance

- Double Board-Certified Gastroenterologist
- Founder, The IBS Harmony Method™
- Neuro-Gastroenterology & Motility Specialist
- MPH — Dartmouth Medical School
- MD—St. George's University School of Medicine
- Venture Partner—Wild Tree Ventures



HEALTHCARE INNOVATOR OF THE YEAR
40 UNDER 40 TOP LEADER — IRVINE
ORANGE COUNTY TOP DOCTOR



"High performance is not a mindset problem—it's a biological one. Your gut is your second brain—and the missing key to every leader's peak performance"

— DR. KUMKUM PATEL

45M+ 95% 67%

Americans with IBS
(70% are women)

Serotonin made
in the gut

Women cite
burnout as top
concern

IDEAL STAGES

- Health Innovation and Longevity Summits
- (Google, JP Morgan,)
- YPO Global
- Women's Leadership Conferences & Global
- Woman Summit
- Corporate Wellness Events
- Executive Retreats & Masterminds

ABOUT DR. PATEL

Where Science Meets *Leadership*

Dr. Kumkum Sarkar Patel is one of the most compelling voices at the intersection of medicine, leadership, and human performance. A double board-certified gastroenterologist and women's gut-brain-hormone health expert, she has dedicated her career to one urgent question: **Why are high-achieving women chronically exhausted, inflamed, and burned out—and what can biology tell us about the fix?**

Women are reaching peak leadership and entrepreneurial influence at the exact same moment they navigate perimenopause, microbiome disruption, nervous system dysregulation, and hormonal transition—four simultaneous biological burdens that no mindset hack or productivity tool can override. Dr. Patel brings this urgent, underexplored science to stages where it matters most: health innovation conferences, corporate leadership summits, and women's empowerment forums.

Her flagship framework, **The Power Protocol**, translates a decade of clinical gastroenterology rooted in the science of the gut-brain-hormone axis into actionable leadership strategy. Through keynotes and retreats, Dr. Patel has helped thousands of executives, founders, and high-performing women reframe burnout not as a personal failure, but as a biological signal demanding a biological solution.

Dr. Patel built a thriving concierge gastroenterology and wellness practice with three Orange County locations while navigating the demands of medical training and single motherhood—a lived experience that anchors every talk in both clinical authority and radical human honesty. She serves on the American College of Gastroenterology's Women in GI Committee and is a nationally recognized speaker on women's health, burnout prevention, and the gut-brain connection.

EDUCATION & TRAINING

- BS Biomedical Engineering — Virginia Commonwealth University (Magna Cum Laude)
- MPH — Dartmouth Medical School
- MD—St. George's University School of Medicine
- GI Fellowship—University of Illinois Chicago
- Advanced Motility Training —Washington University in St. Louis

RECOGNITION & AWARDS

- 🏆 Healthcare Innovator of the Year
- 🏆 40 Under 40 Top Leader — Irvine
- 🏆 Orange County Top Doctor
- 🏆 ACG Women in GI Committee

AREAS OF EXPERTISE

- Gut-Brain-Hormone Axis
- Women's Microbiome Health
- Burnout Prevention & Resilience
- Perimenopause & Peak Performance
- Nervous System Regulation
- IBS & Functional GI Disorders
- Trauma & the Gut
- Executive Wellness Strategy



3

CLINICAL LOCATIONS, ORANGE COUNTY CA

12

STEP IBS HARMONY FRAMEWORK

95%

OF SEROTONIN PRODUCE IN THE GUT

The *Power* Protocol



HEALTH AS THE OPERATING SYSTEM FOR LEADERSHIP

"High performance is not a mindset problem—it's a biological one. The science your ambition depends on has been hiding in plain sight."

Women are reaching peak leadership and entrepreneurial influence at the exact same moment they navigate perimenopause, microbiome disruption, nervous system dysregulation, and hormonal transition—four simultaneous biological burdens no planner or mindset shift can override.

Dr. Patel reveals how the gut-brain-hormone axis directly shapes decision-making, confidence, emotional resilience, and leadership presence. Audiences leave not just informed, but transformed in how they understand their own biological capacity for leadership.

FORMAT

45–60 min keynote

OPTIONALExecutive
workshop**STYLE**Science +
storytelling**THE SCIENCE FOUNDATION**

The gut-brain axis is a bidirectional signaling network—neural, hormonal, metabolic, and immune. The microbiome produces 95% of the body's serotonin. Chronic stress rewires both systems within days, and the research is finally catching up to what high-performing women have felt for years.

IDEAL AUDIENCES

C-Suite Executives

Founders & Entrepreneurs

Women in Leadership

Corporate Teams

Google Health Summit

JP Morgan Health

Global Woman Summit

Healthcare Innovation

AUDIENCE OUTCOMES

- ✓ Reframe burnout, brain fog, and stress as biological signals—not personal failures
- ✓ Understand the gut-brain-hormone connection shaping leadership clarity
- ✓ Recognize hidden physiology driving decision fatigue and emotional reactivity
- ✓ Implement the 5-strategy Power Protocol to restore energy and cognition
- ✓ Build sustainable high performance without sacrificing health
- ✓ Leave with a new framework: health as the foundation of power, not a sacrifice

45M+ 67% 95%

Americans with IBS
(70% are women)Serotonin made
in the gutWomen cite
burnout as top concern

CUSTOMIZE YOUR EVENT

More Ways Dr. Patel Transforms *Your Audience*

CORPORATE KEYNOTE

Burnout Breakthrough

THE RESILIENCE RESET FOR HIGH-PERFORMING
TEAMS

45-60 Min

Workshop Option

Corporate Teams

Burnout isn't a motivation problem—it's a system failure. High-performing teams face unprecedented stress, decision fatigue, and cognitive overload. Traditional wellness programs fail because they address symptoms, not the biological mechanisms driving burnout.

Dr. Patel decodes the physiology of chronic stress and reveals how sustained pressure dysregulates the gut, nervous system, hormones, and cognitive function—then gives leaders science-based tools to build cultures where productivity and wellbeing coexist.

AUDIENCE TAKEAWAYS

- ✓ Move from reactive burnout management to proactive resilience design
- ✓ Understand how chronic stress physically rewires gut, brain, and hormones
- ✓ Implement org-wide strategies for sustained cognitive performance
- ✓ Build cultures where high output and wellbeing reinforce each other

RETREAT & WOMEN'S LEADERSHIP

The Women's Energy Blueprint

BOUNDARIES, NERVOUS SYSTEM & MAGNETIC
LEADERSHIP

60-90 Min

Immersive Retreat

Women's Summits

Powerful leadership begins in the body. Designed for women navigating ambition, transition, and visibility, this keynote blends neuroscience, hormone health, and leadership embodiment. Dr. Patel guides women to reconnect with their energy, boundaries, and authority—creating presence that feels calm, confident, and magnetic.

Ideal for retreats, leadership summits, and masterminds—especially where attendees navigate perimenopause, career transitions, or the invisible tax of high achievement.

AUDIENCE TAKEAWAYS

- ✓ Understand why women's biology demands a different leadership approach
- ✓ Lead without burnout, guilt, or chronic overextension
- ✓ Gain tools for sustained energy, presence, and emotional regulation
- ✓ Recognize how hormonal transitions affect confidence and decision-making

AVAILABLE FORMATS

Keynote (45-60 min)

Keynote + Workshop

Half-Day Retreat

Full-Day Executive Offsite

Virtual Keynote

"Every format is fully customized to your audience, industry, and event goals—Dr. Patel works personally with event leads for maximum impact."

The IBS *Harmony*

Method™

REVEAL · REWIRE · REVIVE — A 12-STEP GUT-BRAIN RESTORATION FRAMEWORK

The IBS Harmony Method bridges the gap between suffering and leading—a 12-step framework rooted in gastroenterology, neuroscience, and hormonal medicine, developed through a decade of clinical practice and lived experience.

01 REVEAL

Uncover the hidden biological triggers driving gut dysfunction, burnout, and cognitive decline—from chronic stress and trauma history to hormonal transition and microbiome disruption. Most women have been told it's "just stress." It's not.

02 REWIRE

Restructure the gut-brain-hormone axis through evidence-based nervous system regulation, microbiome restoration, and hormonal optimization. The goal is not symptom management—it's system-level transformation.

03 REVIVE

Restore full biological capacity for high performance—sharp cognition, emotional regulation, sustainable energy, and leadership presence that doesn't come at the cost of health.

THE 5 POWER PROTOCOL STRATEGIES

01

Nervous System Regulation

4-7-8 breathing, vagal stimulation, MBSR — activate parasympathetic within 90 seconds

02

Microbiome Nutrition

30+ plant varieties/week, daily fermented foods, reduce ultra-processed inputs

03

Energy Rhythm Protection

Circadian alignment, sleep optimization, 150 min/week movement for microbiome health

04

Biological Boundaries

Allostatic load management — time, communication, and digital boundaries as nervous system hygiene

05

Community & Co-Regulation

Safe relationships regulate biology through shared autonomic attunement (Polyvagal Theory)

THE TRANSFORMATION

BEFORE THE PROTOCOL

- Brain fog blocking strategic thinking
- Reactive, stressed leadership decisions
- Exhausted despite rest and effort
- Gut symptoms disrupting focus and confidence
- Surviving—at the cost of thriving



AFTER THE PROTOCOL

- Sharp, clear cognitive function restored
- Calm, confident decisions under pressure
- Sustainable, regulated energy
- Gut-brain harmony—presence and focus
- Leading with full biological capacity

BOOK DR. PATEL

Bring Biological Performance Science to *Your Stage*

Every engagement is fully customized to your audience, conference theme, and goals. Dr. Patel works personally with event leads for maximum impact.

SIGNATURE EXPERIENCE

Keynote + Executive Workshop

Full keynote with half-day deep dive & breakout session — most transformative option

\$15,000-\$25,000

KEYNOTE ONLY

Signature Keynote

45-60 min · The Power Protocol or custom topic

**\$10,000-
\$20,000**

WOMEN'S LEADERSHIP

Women's Energy Blueprint

60-90 min · Retreats, summits & masterminds

**\$10,000-
\$20,000**

IMMERSIVE

Half-Day Retreat / Executive Intensive

4 hours · Deep-dive with custom workbook

**\$25,000-
\$45,000**

FULL OFFSITE

Full-Day Retreat / Offsite

Full day · Team or executive transformation

**\$40,000-
\$75,000**

All engagements include: Pre-event audience research call · Custom talk tailored to your theme and industry · Post-event resource guide for attendees · 30-day follow-up Q&A access for your team

*"Dr. Patel doesn't just deliver a talk —she delivers a paradigm shift."
— ElevateHER attendee*

*"Finally, a speaker who gives women leaders the biological framework they've been missing."
— SoCal Wellness Event Director*

ORGANIZATION

EMAIL

kspatelexpertise@gmail.com

WEBSITE

www.kumkumpatelmd.com

SUMMIT

PHONE

+1 815-566-773

BOOK DR. PATEL