



Starr Penn CGC; FNCP

Motivational Speaker & Women's Coach

Starr Penn, a certified expert in functional nutrition, GAPS coaching, and Ayurvedic medicine, is a trusted authority in reversing juvenile arthritis and autoimmune conditions. With over a decade of experience, her signature program, The JIA Blueprint, delivers real, sustainable results while supporting families every step of the way.

Certified GAPS Coach | Functional Nutrition Certified Professional | Founder of The JIA Blueprint

SIGNATURE TOPICS


- ✓ **Modern Challenges, Ancient Wisdom: Healing Autoimmune Disorders with Traditional Diets**
- ✓ **Breaking Through the Myths: What Doctors Don't Tell You About Autoimmune Healing**
- ✓ **Stress, Emotions, and Healing: The Mind-Body Connection in Autoimmunity**

WHY BOOK STARR?

- **Relatable Story:** Starr's journey healing her daughter inspires and connects.
- **Practical Insights:** Actionable, science-backed tips audiences can use now.
- **Captivating Speaker:** Heartfelt, engaging, and unforgettable delivery.

LET'S WORK TOGETHER!

- Keynote speeches, workshops, panel discussions and Q&A sessions (available in-person, virtually or hybrid)
- Talks are tailored to your events audience and goals

 www.leakygutcoach.com

 jiablueprint@gmail.com