

Biography

Laurie Ratto RN, BSN, HTCP/I, CCA

Laurie Ratto is a change agent for health care. She has been an RN for over 35 years and holistic practitioner for over a decade. She resolved her own chronic pain and stress with integrative medicine (holistic therapies plus conventional medicine).

Her passion is to alleviate physical, mental and emotional pain, as well as promote healing and health. She works with individuals 1:1, and teaches healthcare professionals, caregivers and lay people evidence-based holistic therapies.

She has worked with individuals across the US and in Europe. She has taught classes at several facilities including UCSF, Kaiser, Mission Hospice, and Osher Center for Integrative Medicine.

She is a certified clinical aromatherapist, healing touch certified practitioner/instructor and is certified in guided imagery. When she is not working with clients 1:1, speaking, or teaching classes, she loves spending time with her family and being out in nature.

Website: www.mindandbodymethod.com