

DR. IRIS CRAWFORD

Naturopathic Physician



BIO



Dr. Crawford was born and raised in Seattle, Washington, and has been immersed in the field of nutrition and natural medicine since 1998. She is the founder and CEO of Naturkur Wellness, author of several books, and leader in the field of women's hormonal health. Dr. Crawford built a multidisciplinary wellness center and has since transitioned to a virtual practice to help even more women.

Dr. Crawford received a Bachelor of Science in Natural Health Sciences from Bastyr University in Kenmore, Washington, and received her Doctor of Naturopathic Medicine (ND) degree from the National University of Natural Medicine (NUNM) in Portland, Oregon. She is a member of the American Association of Naturopathic Physicians.

15+

YEARS EXPERIENCE

High-level expertise
specializing in women's health
and hormones

6K+

CONSULTATIONS

I've helped thousands of women
lose weight and get their health
and energy back

3K+

EMAIL LIST

Our active list is nurtured
regularly with educational emails
and articles

ABOUT MY VIRTUAL PRACTICE



*Comprehensive Online
Women's Hormone Health*

I provide the only full-service, virtual hormone balancing program available. I coach women all over the United States, helping them recover from hormonal imbalances. My 'Energy Like a Boss' program using the Crawford Hormone Revitalization Method has helped women successfully recover from exhaustion, mood issues, sleep problems, low libido, weight gain, chronic pain, foggy brain, and more.

MY MISSION

EMPOWERING WOMEN

I know what it's like to be so busy that I don't have time for self-care. I know what it's like to feel so burned-out that I'm exhausted all the time and have no energy left for myself. But once I found the thing that changed all of this, I saw what was possible for me and for the world. Imagine the impact we would have if all women were empowered with their health and no longer struggled with exhaustion and other daily health issues. So I'm leveling the playing field for women leaders so we can make a bigger impact in the world!



MY MOVEMENT

WHAT I SEE FOR THE WORLD

The Empowered Women's Health Project is a movement I created to help me achieve my mission of leveling the playing field for women leaders. Currently, only 12% of world leaders are women, yet women make up over half the population. The hostile nature of competing in male-dominated industries creates stress that negatively impacts women on a biological level differently than men. Yet women's needs are not currently being met in conventional healthcare. Until now. I believe the world will be a compassionate, sustainable, peaceful place when half the world's leaders are women.

PAST APPEARANCES

