



Speaker Information



Alisa Vitti, HHC

Alisa founded Laughing Sage Wellness Group after she experienced the many frustrating health symptoms of polycystic ovarian syndrome (PCOS) and then healed herself through food and lifestyle changes. The outcome of her healing process was a desire to help other women heal their PCOS and other menstrual and sexual health concerns. She received degrees from Johns Hopkins University and the Institute of Integrative Nutrition, where she deepened her understanding of medicinal foods and their capacity for healing hormonal imbalances. She began reaching out to women with PCOS and their doctors to let them know that this condition was not incurable. She connected with

other holistic health practitioners who specialize in holistic nutrition and women's self-care and founded Laughing Sage Wellness Group. Since then she has lectured to hundreds of people, including gynecologists and infertility specialists, about women's menstrual and sexual health and guided individuals and groups through Laughing Sage Wellness's five-step method for healing PCOS and other hormonal imbalances.

Alisa's Speaking Style

Alisa is an engaging, energetic speaker, committed to creating positive transformation for each of her participants during the course of each presentation. Her infectious enthusiasm will open your eyes to new perspectives on women's health, and your members will walk away with practical tools to begin creating better health immediately.

To Book Alisa for Your Next Event

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Popular Topics

- Nutrition for Women: Food, Mood, and Hormonal Balance
- I Lost 60 Pounds and Cleared Up My Cystic Acne: The PCOS Alternative
- How to Have Healthy, Natural, Effortless and Drug-Free Fertility and Menstruation
- Discover the Source of Your Mysterious Menstrual Problems
- Throw Away Your Midol!: How to Create Your Own Hormonal Health Pantry
- Healing the Emotional Impact of Living with a Hormonal Imbalance
- Redefining Sexuality: Intimacy and Self-Expression on Women's Path to Healing
- Feminine Principles in Action: What Our Bodies Teach Us About How to Have a Happy, Healthy Life

Partial Client List

- Beth Israel Medical Practices
- American Fertility Association
- Barnard College
- The Institute for Integrative Nutrition
- Westerly Health Foods, Manhattan
- BodySense USA, Miami