

# P. Charlie Reid

MPH, CHHC, AADP  
CEO & Founder | Scientist | Coach | Speaker | Author



**Charlie is available for interviews and speaking engagements on the following topics**

## Expert Topics

- Menopause? Is it the end or a New Beginning
- Cooking & Eating For Hormone Balance
- Why You Need to Stop Dieting after 40
- Cortisol: The Bad Boy of Hormones
- Menopause at Work: Why Companies Need to Care
- Could Menopause be the New Erectile Dysfunction
- Mindset Reset: Reframing Menopause as Joy & Power, Not Decline
- The hidden costs of silence and the competitive advantage of supporting employees through menopause
- The Sleep Hormone Connection



P. Charlie Reid is a Menopause & Hormone Coach and a Nutrition & Public Health Professional. Her passion is to destigmatize menopause and help women to reconnect to their bodies, heart, and joy during the transition at work, home, and play. With a background in public health from Yale University and pharmaceuticals (bringing new drug therapies to market), she applies an evidence-based approach to advancing women's health. In her private practice, she helps women to regain control and ownership of their bodies, health, and life with her Menopause CPR Method and the "Girlfriend's Guide to a Healthy, Lean, Gorgeous You. A menopause 101 primer to educate women. Additionally, Charlie is on a mission to advance menopause education and support in corporate America, where only 5% of companies provide education, awareness, and support. She is also the author of the critically acclaimed *From the Soul: Stories of Great Black Parents and The Lives They Gave Us*.

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**Sizzle Reel**



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