



BELLDONCOLME

PROFESSIONAL SPEAKER

hello@belldoncolme.net +1 (909) 372-8579

belldoncolme.net/speaker/



Beldon Colme is a recognized expert in lifestyle transformation and undoing common health problems. He brings a unique blend of scientific knowledge and motivational insights to help individuals take charge of their well-being and overcome the challenges of the modern healthscape.

He is the Founder and President of Nutritional Fitness and Club LIT, has authored two books about undoing chronic disease, and speaks internationally on the topics of bulletproof motivation and naturally curing chronic disease.

MOTIVATIONAL TOPICS

Building Bulletproof Motivation

Does your motivation ever fail you? What if your motivation was stronger than any challenge, and ran effortlessly on auto-pilot? Reach your goals faster than ever with Bulletproof Motivation!

Get Your Dream On

When did you give up the dreams you had as a kid? WHY did you give them up? It's time to reclaim your dreams, and the power they give you to live your extraordinary life.

What People are Saying

"If you want to feel hope again from a source of real knowledge with passion and empathy—come listen to Beldon"

-Vicki Williams



HEALTH TOPICS

The 5 Non-negotiables of Your Body

You can't ignore the science of your body. By understanding and aligning with these 5 non-negotiables you can create a body and life that keep you young and strong to the end.

The New Rules of Diabetes

The mechanisms of type 2 diabetes are not mysterious. Discover the role of interoception in this chronic condition and the light it shines on the cure.

What People are Saying

"Beldon has helped me, my family, and many of my patients see better health and fitness. Listen to him."

-Dr. Larry Cohen

"Beldon's message is where you want to start"

-Rafael C. Esquenazi MD, FACP, FASN