



*Integrative Sports  
& Pain Medicine  
Specialist*

*National Speaker*

*Published Author*

@DRZARINAH



## TESTIMONIALS:

“Dr. Zarinah was excellent! She has given me so much hope. I’m so grateful to have found her!

-Alice C., Florida

"I can't believe the transformation, I've received more than I expected. Thank you Dr. Zee"

-Ramona H., Atlanta, Ga

"It was a true blessing to go see (Dr. Zee), left me feeling empowered to truly care for me..."

-Nura G., ME Runner’s Group

“Excellent and very informative! My favorite speaker”

-The FABGathering Summit

“Thank you Dr. Zarinah for your amazing info! (We) feel less helpless and now mobilizing your recommendations”

-Dr. Candrice H., Philadelphia, PA

# DR. ZARINAH

Dr. Zarinah Hud, DO (Dr. Zarinah)- Dr. Zarinah Hud, DO (Dr. Zee) is among America's best Sports & Integrative Pain management physician's and best known for her compassionate and yet firm approach to empowering you to "Rebound your health". She is a best-selling author and well-respected speaker that lectures on practical tips and strategies to help you remove mental and physical barriers to your pain and overall health. Dr. Zarinah has been called upon as a speaker and media expert nationally to share her unique approach and well researched information on health and wellness.



Dr. Zee is a *3x Best-Selling Author*, one of which is the very popular, first installment, ***“Everybody Has 15 Minutes, 15 Meals to Your Pain Freedom”***. She has also been published numerous times in the media and highly respected medical journals. She has been called upon often to give a fresh perspective and share her integrative approach to prevention and rehabilitation of pain and injuries.

Dr. Zee is also the Founder and CEO of Rebound Sports and Rehab LLC, where she is empowering patients and helping them take their functional goals and quality of life back into their hands. As CEO and founder of [www.drzarinah.com](http://www.drzarinah.com), she discusses practical ideas and strategies to help individuals around the world take control of their health and pain.

Dr. Zee earned her Doctorate of Osteopathic Medicine degree from The Ohio University and completed her residency as the 1<sup>st</sup> African- American Woman to do so at both her residency and fellowship programs, respectively, This included, Physical Medicine Rehabilitation and fellowship training in Sports and Integrative Medicine at Thomas Jefferson Univ. Hospital and LECOM, respectively.

For more info, check out [www.DrZarinah.com/media](http://www.DrZarinah.com/media)

# SPEAKER SERIES

## UNIVERSITIES:

- Painful Study Habits: Proven Tips to Prevent and Treat
- Strategies & Tools to be the MVP off the field: Mind & Body
- 15 minutes a day to keep the "Freshman 15" away
- ACL Tears: Prevention is Key
- Concussion 101: 10 Things You Didn't Know

## CONVENTIONS:

- Top 10 Evidence-Based Natural Treatment options for long-term Pain Freedom™
- Rebound Your Health in 15 minutes per day
- Mindset Makeover: To Become your own MVP and perform at your best in mind and body

## CORPORATE:

- Tackle Time, Don't let Time Tackle You
- Simple Effective Tips to put Back pain in the Back seat
- Everybody Has 15 Minutes: Quick & Effective Strategies to obtain Pain Freedom™ on The Job
- Health is Wealth: Improve Performance, Efficiency & Job Satisfaction for the Whole Team

## FAITH ORGANIZATIONS:

- Your Body Has Rights Over You
- How to Exercise your Faith and your Muscles: Get Started and Stay Started
- Strengthen the Vessel that Stores Your Spirit



**Interested in a different topic? Get in touch with us today.**

**Email:** [info@drzarinah.com](mailto:info@drzarinah.com)



## **PARTIAL CLIENT LIST**

Thomas Jefferson Univ Hospital  
Emory Univ. Hospital  
Ohio University  
Magee Rehabilitation Hospital- Philadelphia  
Univ Penn  
Cleveland Clinic  
Lake Erie Coll of Osteopathic Medicine  
Erie Otters Canadian Hockey League  
Erie Bayhawks- NBA  
Clark Atlanta University  
ME Runner's Club  
MetroHealth Medical Center  
St. John Hospital & Medical Center  
Bryn Mawr Children's Hospital  
Ohio Osteopathic Association  
American Osteopathic Association  
The FABGathering Summit  
Momentum In Medicine  
Hillcrest Hospital  
Hahnemann University Hospital  
South Pointe Hospital  
Pennsylvania Osteopathic Medical Assoc.