

Dr. Cymanthia “Cyam” Connell

A family doctor, author, philanthropist and runner known for candidly sharing “a dose of wellness and for all things lifestyle” across media outlets

Media Kit

dr. *Cyam*



About **dr.** Cyam

a dose of wellness & for all things lifestyle

I am a board certified Family Medicine Physician with training in Integrative Medicine based in Atlanta, Georgia. When I'm not practicing medicine...well, I'm still practicing medicine! My passion is for all things wellness & lifestyle and practicing what I preach. My mission in all things is to share truths about socially aware evidence based medicine. My goal is to bring this information to the forefront and do so clearly by using the casual everyday language and expression of the everyday people.

Get in Touch
me@drcyam.com

Websites -
www.drcyam.com
www.bridgedpc.com



Main Strengths:

- Professional and diversified experience
- Use of natural and conventional approaches to health
- Relatable content and personality
- Practical educational pearls

**“An ounce of prevention is
worth a pound of cure.”**

Benjamin Franklin

MY PRACTICE

Bridge is one of a handful of direct primary care offices in the nation providing customized medical and integrative health care for patients.

Mission

Our mission is to provide integrative and comprehensive medical care to community members using an insurance-free model called Direct Primary Care

Vision

We envision:

- A doctor-patient relationship founded on holistic approaches to overall wellness
- A shift in focus away from treatment, towards the prevention of illness and maintenance of wellness
- Patients being able to get either a prescription drug and/or a food recommendation, supplement, oil or other remedies from the same medical doctor





AUTHOR

Dr. Connell is a bestselling author who has two children's books on the market with more underway. Several brands internationally have reached out to both her and her coauthor Adam Ali for partnerships which have been targeted to engage a variety of audiences and shed light on relevant health topics.

AVAILABLE NOW ON AMAZON

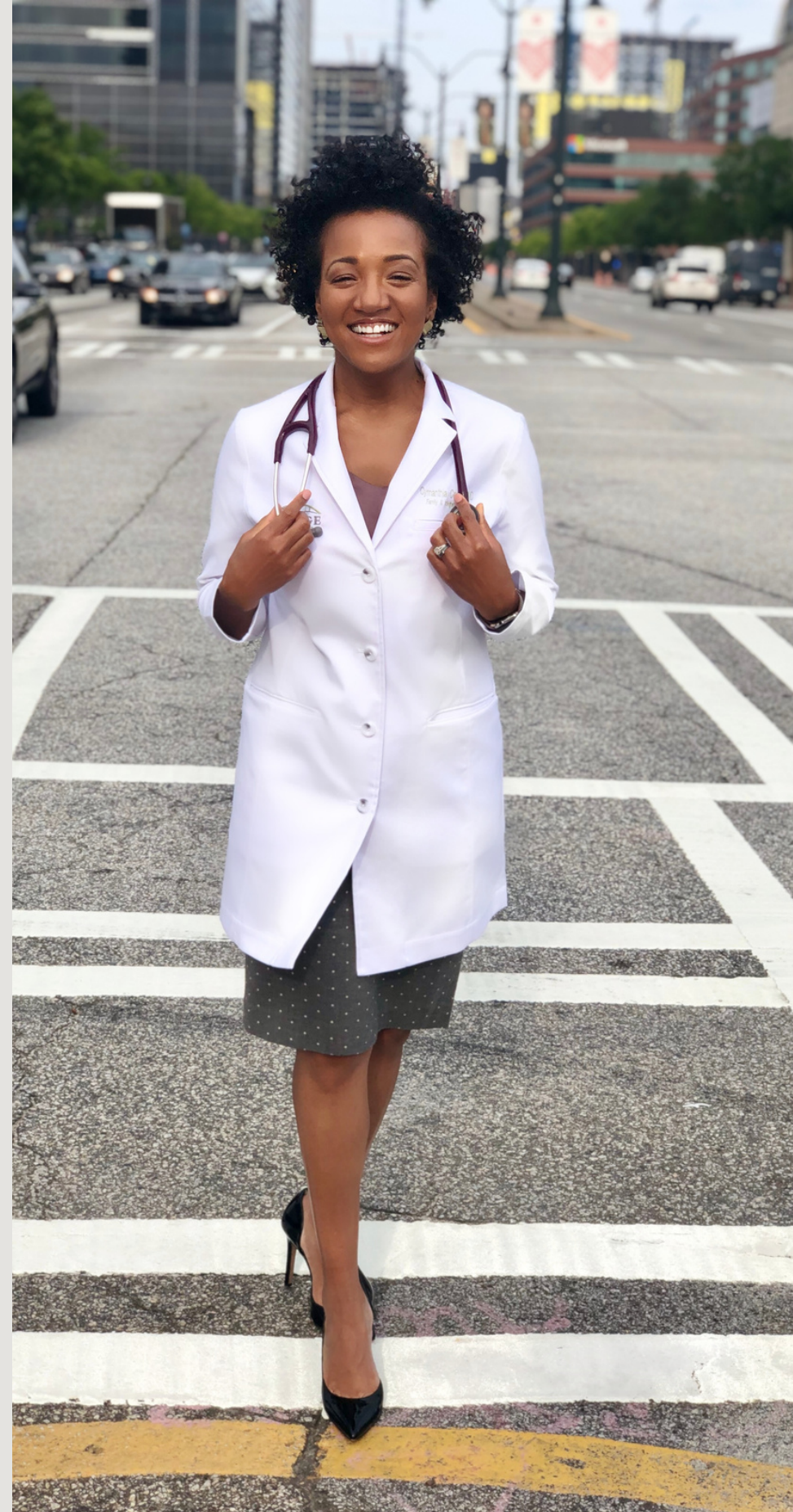
- 5 star rating ★★★★★
- Featured on Best Sellers List
- Endorsed by a Psychiatrist, Dentist, and the world renowned Dr. Weil's Arizona Center for Integrative Medicine

PHILANTHROPIC EFFORTS

Dr. Cyam is the co-founder of The Momentum Collective. The Momentum Collective is a non-profit group of professionals whose aim is to diversify health by providing large scale scholarships for doctoral candidates in the biomedical sciences and medical field.



a non-profit, diversifying health



Statistics

45k

YouTube impressions

38k

Instagram impressions

2.7k

Social followers

Demographics

- Reach to an international market including USA, Canada and Caribbean
- Impressions from GenZ, Millennials and their families
- Directed to the average curious person, the health conscientious, artists, creatives and entrepreneurs

PAST PARTNERSHIPS



foubrowngirls

MAIN STRENGTHS

- Personable doctor providing fun lifestyle inspiration
- Socially aware content sharing transparent point of views
- Subject matter expert on many common acute and chronic diseases, with passion being in topics of nutrition and fitness - using evidence based medicine

Philosophy

Being healthy shouldn't be intimidating. ...

The process should be fun, but effective.

It should be a welcoming experience, but not without challenge.

It should be understandable, but evidence based.

I have had a strong enough message to present the science, and a soft enough approach to influence real change.

We are also in a world where we can only reach a narrow demographic as determined by algorithms. Collaborators' experiences and audiences cross paths whereas individually, they may not have. Our cultured experiences and exchange of ideas help us to become better people.

I look forward to collaborations to share knowledge on healthy lifestyle and wellness topics.

dr. *Cyam*



Testimonial

Dr. Cyam was extremely knowledgeable when discussing the topic at hand. She was welcoming and answered audience questions with ease and clarity. She went above and beyond to satisfy the overwhelming engagement from our audience by providing additional tie and doing personal follow ups.

Nicole Antoine, CEO

THE NEXT STEPS

Contact Dr.Cyam for your next project

- Speaking engagements
- Virtual or in person panel discussions
- Product representation
- Interviews
- Q&A
- Podcasts

Get in Touch

 www.drcyam.com

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 [@drcyam](https://www.instagram.com/drcyam)



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