

Dr. Dona Cooper Dockery is an author, a speaker and a physician practicing internal medicine who has dedicated over 25 years in positively changing healthcare outcomes both nationally and internationally. She is board certified in internal medicine and holds active memberships in the American Academy of lifestyle medicine and the American Medical Association.

Dr. Dona Cooper Dockery is actively engaged in various communities giving healthy lifestyle seminars and free medical care not only in the USA but also in countries such as Haiti, Jamaica, the Philippines, and Europe. She is the host of the popular TV show "Get Healthy with Dr. Cooper", which airs bi-weekly on two local TV channels.

She is the author of the health studies series "My Health and The Creator", and "Get Healthy for Life", she also writes for and produces the health magazine "Get Healthy". Her most recent accomplishment is the upcoming book "Fourteen Days to Amazing Health", in which she outlines various success strategies that will empower the readers to take control of their health, believe that there is an alternative to medications, change their paradigm, and a live happier, healthier, and more fulfilled lives.