



# Dr. Andrea Thomas

**PHARMACIST, SPEAKER, BREAKTHROUGH DEPRESSION STRATEGIST**

# ABOUT



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**Dr. Andrea Thomas** is a Pharmacist, Speaker, and Depression Breakthrough Strategist. She holds a Doctor of Pharmacy degree and believes in a multi-faceted treatment approach that addresses underlying issues often overlooked by conventional treatment models.

Her passion stems from navigating through her own health struggles, where she overcame depression and stigmas after applying biblically-based health principles focused on lifestyle modification. This experience caused a mindset shift from relying primarily on medications and dramatically altered how she applied health habits to patient care.

Her mission is to empower patients to strategically apply a multi-faceted approach that encourages lifestyle methods beyond medication to optimize vitality. Having been both a patient and a clinical pharmacist, she provides a unique perspective of viewing treatment from both perspectives and on how illness, medication, and lifestyle intersect. Her counseling skills enable her to clearly communicate complex concepts to motivate change.



## SIGNATURE TOPICS

- ✓ Managing Depression Using a Mind-Body Approach
- ✓ Breaking the Stigma about Depression in Religious Organizations
- ✓ Depression Detox: 3 Keys to Healing
- ✓ Healing from depression beyond the pharmacy
- ✓ The Gut Health, Mental Health Link

## LET'S WORK TOGETHER!

Please feel free to contact me for any concerns or questions.

✉ [breakthroughdepression@gmail.com](mailto:breakthroughdepression@gmail.com)

🌐 [www.askdrandrea.com](http://www.askdrandrea.com)

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**BOOKING INFORMATION**