

# YPO: Meet Your Doctors & Experts



**DR. KELLY BENDER**  
**NATUROPATHIC DOCTOR**

Dr. Kelly Bender is a licensed Naturopathic Medical Doctor whose mission is to help individuals not only live as long as possible but thrive with optimal health throughout their lives. With a comprehensive, patient-centered approach, Dr. Bender focuses on treating the whole person—mind, body, and consciousness—while leveraging natural health strategies to achieve lasting wellness.

At her Los Angeles-based clinic, Pure Vitality Rejuvenation Center, and through her expanded practice with My Clinic in Saudi Arabia, Dr. Bender creates customized treatment plans by identifying and addressing the root causes of illness. Her work emphasizes the power of nutrition, holistic therapies, and personalized care to guide patients toward better health.

In addition to her clinical work, Dr. Bender is actively involved in consulting projects that span mental health, the role of psychedelics in medicine, innovative drug development, and expanding access to medical care. She has trained with leading specialists in classical homeopathy, nutrition, gastroenterology, women's health, and environmental medicine. Her expertise also includes cutting-edge therapies such as intravenous nutrient therapy, bio-identical hormone replacement therapy, and regenerative treatments like prolotherapy through the Hackett-Hemwall Foundation.

Dr. Bender's commitment to optimizing health extends far beyond her private practice. Passionate about supporting underserved communities worldwide, she co-founded Naturopaths Without Borders, a non-profit organization that operates clinics in Haiti, Mexico, Thailand, and underserved areas of the United States. As a student, she also co-established a sustainable medical clinic in Puerto Penasco, Mexico, which provided monthly care for four years and continues to serve the community today.

Through her clinical expertise, innovative work, and dedication to global health, Dr. Kelly Bender continues to empower individuals and communities to achieve vibrant, long-lasting wellness.

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**CHRISTIAN DE LA HUERTA**  
**PERSONAL TRANSFORMATION EXPERT**

Christian de la Huerta is a highly sought-after personal transformation expert with over three decades of experience. His expertise has helped clients from all corners of the globe to overcome obstacles and achieve the long-lasting results they had always aspired to.

An award-winning author, TEDx speaker, retreat leader, and leading voice in the breathwork community, his mission is to help clients unleash their inner hero. And yes, that means all of us!

Born in Havana, Cuba, Christian, along with his close-knit family, emigrated to the U.S. when he was 10 to escape Communism. Early life experiences of not being able to speak freely for fear of political persecution led to patterns of hiding aspects of himself and feeling like a stranger in a new land, accompanied by loneliness, isolation, self-rejection, and a sense of not belonging.

By his late 20s, Christian had all the trappings of "success": a good job, a beautiful condo on the water in South Beach, FL, a sports car, Armani suits — an enviable life. Yet, none of it seemed enough. It seemed that the more he had, the emptier he felt. Something was missing: a spiritual connection and a sense of purpose. Following a life-changing breathwork session, he had a vision for the impact he was meant to make, the gifts he had yet to share with the world... And he discovered tools to help free himself — and others — from the unbearable weight of self-doubt, limiting beliefs, self-sabotaging behaviors, and the conditioning that kept him from feeling truly free and fulfilled. He jumped tracks and never went for the Ph.D. in Psychology. He walked out of his life and went off on a life-changing spiritual journey.

After five years of diving deep into his own process of healing and transformation, he experienced a level of freedom that is only possible when one is willing to face down and transcend their inner demons, their shadow. His newfound strength, wisdom, confidence, and clarity matched a driving passion to support others to reclaim their power, conquer insecurity, stop playing small, create dream relationships, and live a life filled with purpose. Since then, his commitment to our collective healing and transformation has never wavered.