



JEANNIE MAY, MD

THE BREATH MD

Dr. Jeannie Lessly May—known as TheBreathMD—is on a mission to help people access inner calm, mental focus, and emotional balance. She is triple board-certified in Addiction Medicine, Geriatrics, and Hospice and completed her training at Vanderbilt University Medical Center. Drawing from both Western science and ancient wisdom, she bridges two worlds to offer a grounded, effective approach to healing and performance.

For more information contact us at:
www.TheBreathMD.com

THE ULTIMATE STRESS RELIEF BLUEPRINT JEANNIE MAY, MD

THE ULTIMATE STRESS RELIEF — BLUEPRINT —

A DOCTOR'S 9 PROVEN STEPS TO EASE PAIN, ANXIETY, AND INSOMNIA

- My Story: Helping Beyond Medicine
 - Breaking the Pain Cycle
 - Calming the Inner Storm
 - How to Rest Again - Naturally