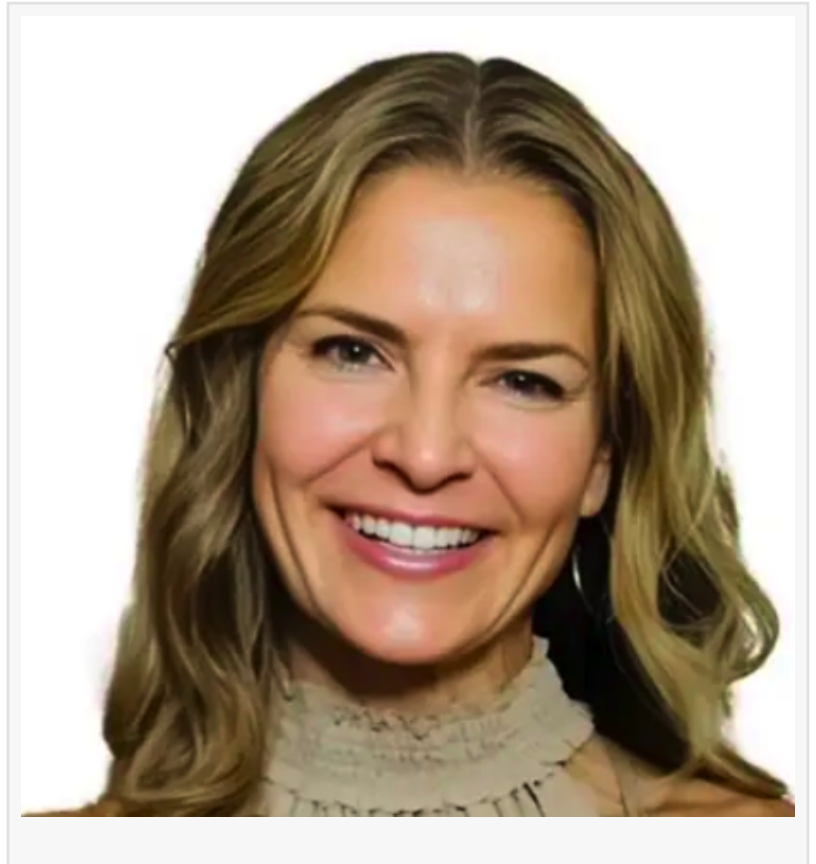


Influential Women Spotlights Dr. Lisa Christie: Wellness Expert, Entrepreneur, Pastor, Author, And Visionary Leader

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From Mrs. America to Holistic Wellness,
Ministry, Media, and Advocacy, Dr.
Christie Uses Faith, Resilience, and Love-
Based Leadership to Inspire Purposeful
Transformation

East Amherst, New York — Dr. Lisa Christie is a nationally recognized fitness expert, author, entrepreneur, pastor, evangelist, media personality, and transformational leader whose multifaceted career spans wellness, entertainment, education, ministry, advocacy, and personal development. An international model, actress, and former pageant titleholder, she was crowned Mrs. America 1998 and later earned the title of Mrs. New York United States in 2011 and 2013.



Throughout decades of professional and personal experiences, Dr. Christie has developed a mission centered on helping people become healthier, stronger, more confident, and more purposeful. Drawing from extensive knowledge of health, fitness, nutrition, supplementation, herbalism, leadership, and ministry, she has established herself as a trusted voice in holistic wellness and personal transformation.

At the center of her entrepreneurial work is B-harmony LLC, a personal care and wellness company founded and led by Dr. Christie. The company is dedicated to helping individuals pursue optimal health through education, pure and natural products, and sustainable lifestyle solutions. B-harmony was featured on The Blox, an entrepreneur and startup reality show, in August 2024 and was subsequently selected to participate in The Blox Alumni School in March

2025.

Dr. Christie's work extends well beyond business and wellness. A dedicated community leader, she serves as the New York State Director for A Cup of Cold Water, spokesperson for the WNY Angels Network, and a board member of WNYMMP. She is also an adjunct professor, television and radio host, and sought-after keynote speaker who presents at conferences, corporate events, churches, leadership programs, and other gatherings throughout the United States and internationally.

As an ordained pastor and evangelist, Dr. Christie ministers in churches across the nation and regularly appears as a guest on national and international podcasts, television programs, and radio shows. Her message encompasses faith, love-based leadership, purpose, holistic living, mental health, domestic violence awareness, healing, personal transformation, and consumer education.

Her presentations frequently explore leadership, wellness, the beauty industry's most unwanted ingredients, the potential benefits of 100% pure personal care products, and the importance of creating a life rooted in purpose and impact. Across these areas, her central message remains consistent: individuals have the ability to make intentional choices that can positively influence their health, relationships, confidence, and future.

A Journey Defined by Faith and Resilience

Dr. Christie does not focus on the prize. Instead, she focuses on being her best and achieving the things she believes she is destined to do. Helping people along the way remains her primary goal.

From a young age, she learned to push forward when people told her that something could not be done. Rather than allowing limitations imposed by others to determine her path, she chose persistence and faith. She believes that God has repeatedly opened doors throughout her life, often at moments when circumstances appeared most difficult.

Winning Mrs. America became a significant milestone, but the period that followed presented some of the most difficult challenges of her life. After her reign ended, Dr. Christie ultimately had to leave her marriage with her children because of domestic violence. While she was navigating the difficult legal proceedings and personal circumstances surrounding the end of that marriage, she simultaneously experienced significant professional opportunities in modeling, television, fitness, and acting.

For Dr. Christie, those contrasting experiences reinforced an important lesson: difficult and positive circumstances can exist simultaneously. Rather than allowing adversity to consume her attention, she intentionally focused on the opportunities in front of her and on how she could continue helping others.

Prayer has remained central to that process. Whether she is preparing for a television appearance, stepping onto a set, speaking to an audience, or facing a personal challenge, she prays for guidance and wisdom. She believes her willingness to serve others has continually opened doors because her life has a larger purpose.

Her experience with domestic violence also shaped her understanding of boundaries and personal worth. During her marriage, she repeatedly asked herself whether God would want her to be treated the way she was being treated. She also recognized that remaining in an abusive environment could communicate to her children that such behavior was acceptable.

Ultimately, she chose to leave and move forward. She did not stop pursuing her professional goals or serving others. Instead, she describes the opportunities that followed as doors that opened widely after she left her first marriage.

A Detour That Became Divine Preparation

Early in Dr. Christie's acting career, a well-known celebrity advised her that if she was serious about becoming an actress, she should return home to Buffalo, New York, and earn a college degree in theater.

At the time, Dr. Christie was already studying with some of New York City's leading acting coaches. However, the advice reflected the individual's belief in the importance of education and the credibility and opportunities a degree could provide.

Following that advice changed the trajectory of Dr. Christie's life. Once she entered college, she developed a deep love of learning and a lifelong commitment to personal growth and education.

Looking back, she recognizes that returning home represented far more than earning a degree. Had she remained in New York, she believes she would not have had her children, experienced the challenges that strengthened her character, or eventually won the Mrs. America pageant.

That victory became a pivotal moment that launched her ministry and opened additional opportunities across television, radio, modeling, fitness, acting, leadership, entrepreneurship, and professional singing.

What once appeared to be a detour ultimately became what Dr. Christie views as divine preparation. Each experience, challenge, and victory helped equip her with greater resilience, compassion, knowledge, and determination to serve others.

Helping Women Discover Who They Are

A major component of Dr. Christie's work is helping young women understand their identity and value. Through private coaching, she encourages women to ask themselves fundamental questions about who they are, what they like, what they dislike, and why.

She believes self-knowledge is essential to navigating the world confidently. Rather than simply adopting the opinions of others, she encourages young women to research, question, learn, and develop their own informed perspectives.

The lesson originated in part from her father, who taught her to watch the news, understand what was happening in the world, and conduct her own research rather than automatically believing everything she was told.

Dr. Christie now recognizes how valuable that advice was. She believes that once people understand themselves, they become more confident in establishing boundaries and making decisions that align with their values.

She also encourages women to value themselves enough to speak up. Her philosophy is simple: see something, say something, do something. For her, confidence is not about arrogance; it is about understanding one's worth well enough to establish appropriate boundaries and refuse to accept behavior that violates them.

Advocating for Women in Leadership and Personal Safety

One of the challenges Dr. Christie has explored academically and professionally is transforming the way women are viewed as leaders. Her dissertation focused on this subject, reflecting her concern that women in leadership can still face disrespect, inappropriate behavior, and resistance in professional environments.

Her response has included not only advocacy and education but also personal preparation. Dr. Christie is a black belt in kung fu and continues to train in various martial arts, including Krav Maga.

For her, martial arts are not about aggression. They are about preparedness, confidence, protection, and helping others understand that they do not have to live in fear.

She has intervened in dangerous situations, including stopping carjackings and stepping in when a pregnant woman was being attacked on a train while others failed to intervene. Her willingness to protect strangers reflects her broader philosophy of service.

Dr. Christie wants people to understand that personal safety does not necessarily mean confronting force with force. Instead, she believes people can learn awareness, boundaries, and practical methods of protecting themselves.

Her advocacy also includes confronting inappropriate behavior and supporting the broader movement for women's safety and accountability. She is part of the Me Too movement and brings a perspective shaped by her own experiences, faith, professional visibility, and commitment to helping others recognize their value.

Expanding the Message Through Music

Dr. Christie's mission of transformation is also expanding into music. She is currently collaborating with a Grammy Award-winning producer on an upcoming EP centered on the transformative power of love.

Her debut song, "LITA (Love Is The Answer)," has reached listeners around the world, extending her message of unity, healing, hope, and positive change to an additional audience.

Music represents another avenue through which Dr. Christie can communicate the principles that have guided her life: love, faith, service, resilience, and transformation.

Faith, Love, Integrity, Service, and Transformation

The values guiding Dr. Christie's personal life and professional work are faith, love, integrity, service, and transformation.

Her faith serves as the foundation of everything she does. It influences how she leads, serves, approaches challenges, and understands her responsibility to use her God-given gifts to make a positive difference.

Love-based leadership is equally central to her philosophy. Whether she is leading a company, speaking from a stage, ministering in a church, teaching, mentoring, or advocating for wellness, Dr. Christie strives to lead with compassion, respect, and a genuine desire to help people become the best versions of themselves.

Integrity and authenticity are also essential. She believes leaders must be willing to be honest, transparent, and consistent with the values they teach. In her view, people deserve leaders who serve, listen, and lead by example.

Her experiences have also reinforced the importance of resilience and personal growth. Some of her greatest lessons have emerged through adversity, giving her a deeper understanding of the challenges others face and strengthening her commitment to helping people overcome obstacles.

Above all, Dr. Christie values service. Her greatest fulfillment comes from empowering people to thrive spiritually, emotionally, physically, and professionally.

Whether through wellness, ministry, education, leadership, entrepreneurship, advocacy, media, or music, Dr. Lisa Christie continues to pursue a singular purpose: to leave people better than she found them and inspire them to live healthier, stronger, more purposeful lives. Her journey demonstrates how adversity can become preparation, how education can create new possibilities, and how faith and resilience can provide the foundation for meaningful transformation.

Learn More about Dr. Lisa Christie:

Through her Influential Women profile, <https://influentialwomen.com/connect/lisa-christie> or through her website, <https://drlisachristie.com/>

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