



Why did I Decide to become Plant Based, you may ask? It all started with a 31 day Vegan Challenge with my Friend Roxanne about 2 years ago. I must say it was challenging because I loved me some cheese and meat and I could not imagine not having either ever. Once I was able to actually feel the difference from eating Plants versus meat it was definitely an aha moment for me. My Experience left me having so much energy, more clarity, skin flawless, my aging seemed to slow down, and I stopped having hot flashesYES! and As well as no longer feeling sluggish after I eat.

I feel My Journey is uniquely different because I am a Hairstylist of 30 years and for over 20 years clients would always say they want healthy hair, and would always talk to them about things they need to do as far as their intake of water, exercise and food choices they make. It's all about beauty from the inside out. After all I had to become an example of what I preached to my clients. After Battling with Cyst & Fibroid surgeries & having hemorrhagic stroke is when I started doing more research on a healthier lifestyle path. When you know better you do better. You have to have an open mindset to change your life. My goal was to start loving myself and putting myself first and that starts with what I put into My body & how I treat my body and changing my mindset.

My mission is to inspire anyone I can & teach around the world from my family, friends, clients, beauty professionals and the people who say they simply don't have time. I Am a huge believer that we must put ourselves first. We need to create a self-love movement with ourselves and the world. My new self love movement consists of loving to workout in nature, loves to cook, loves spending time with family and love sharing my LOVE.