

RACHAEL BROWN

AUTHOR AND SPEAKER CERTIFIED IN PLANT-BASED NUTRITION

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Heal Yourself. Heal Your Family. Heal the Planet.

Eating a plant-based diet can get you there

RACHAEL BROWN earned a plant-based nutrition certificate and food and sustainability certificate from the T. Colin Campbell Center for Nutrition Studies and eCornell. After being diagnosed with high cholesterol in her late 20s, she discovered The China Study and transitioned her family to the whole-food, plant-based, no-oil (WFPBNO) lifestyle, and her cholesterol immediately dropped 50 points. She has been an adjunct professor in nutrition and wellness, a certified yoga and Pilates instructor, and a licensed massage practitioner. Learn more at www.forforkssakebook.com.



SPEAKING TOPICS

Rachael Brown covers topics on transitioning to a plant-based diet that's easy to implement, gentle on the wallet, and keeps your family healthy

SPEAKING TOPICS INCLUDE:

- » From SAD to HAPPY: Simple Ways to Transition from the Standard American Diet and Into a Plant-Powered Lifestyle
- » Your Kids Can Eat Healthier (Even if it Seems Impossible): The 10 Day Process to Make Lasting Change in Your Kitchen—and Family
- » Your Healthy Food Shopping Checklist: How to Buy Right Without Breaking the Bank

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