



"Eat more plants. They're to live for and so are you."

ABOUT

SHAUNÉ HAYES

Shauné fervently believes whole plant foods are the remedy for a lot of health problems.

Having dealt with chronic illness caused by obesity, she started a wellness journey in 2017 and gradually transitioned to a whole food plant-based lifestyle. This change in eating helped her lose 100 lbs and reverse previous issues connected to being overweight including stage 1 hypertension, prediabetes, borderline high cholesterol, frequent heartburn, chronic arthritis, lower limb muscle fatigue, joint pain and infertility.

She is so thrilled with the results and changing her life that she now educates others on how the power of plants can prevent, treat and reverse disease and aid in weight loss.

In 2020, Shauné launched her health and wellness brand The Shauné Life with a mission of helping others to

better understand true nutrition, to control and even reverse chronic disease and to live vibrant and restored lives. She also self-published her first cookbook, *Fresh, Healthy and Indulgent Eats*, which gives a personal look into her weight loss journey; developed The Shauné Life line of spices; and started a free plant-based nutrition community, *All Kale the Power*, which has over 400 members.

Shauné is a certified health coach, plant-based nutrition certificate professional, and a certified Food for Life instructor through the Physicians Committee for Responsible Medicine, teaching nutrition and cooking classes throughout her community.

She also offers health coaching and conducts workshops and seminars.

Shauné lives in Prince George's County, Maryland with her husband, three children and rescued Cocker Spaniel.