

About Sara

Sara 'Sunshine', as her friends and family affectionately call her, is a tribute to Sara's bright spirit and courage that has weathered the storms of many health challenges. The clouds and rain have been a catalyst to a life of holistic healing, exploration into the natural world, and a deep trust that we have the power within us to heal, emotionally, spiritually, and physically.

Before her 20th birthday, Sara moved to New York City (a childhood dream) and there she embarked upon her healing journey, learning the art of whole food cooking at the Natural Gourmet Culinary Institute. This eye-opening experience led her down the path of holistic health, studying nutrition, Ayurveda, plant-medicine, yoga, breathwork, essential oils, herbs, supplements, mantra, energy medicine, and more!

Her passion for words, both written and spoken, paved a career path as a Nutrition Educator, where Sara was afforded the opportunity to tour North America, inspiring and teaching. Her deep sensitivities, empathy, and compassion for people, combined with an innate ability to make complex information relatable, naturally merge Science with Soul.

Nature, the Earth, and her connection to it, are what feed Sara, and what she feels are the missing links in human health. The food we eat, the air we breathe, our relationships, and the awareness that we are all ONE, is sourced from Mother Earth.

Sara wants every human to SHINE their brightest self and believes that with the right health-supporting tools, real food, plants, sunshine, and the awareness of body, mind, and Spirit, health is our birthright. "Without rain, there would be no rainbows."