

Fawn McManigal - holistic health coach

Feed Your Inner Radiance



Journey

My interest in holistic health began in my teens, after I graduated from my first treatment center at age 16. And though I soaked up knowledge about nutrition and exercise and overall wellbeing like a freshly wrung bar rag, I had a few derailments along the way. I'm grateful for a few pitstops along the journey, however, like becoming the first and only woman to fly single engine airtankers for forest fire suppression. But the realities of aerial firefighting diffused the fantasy shortly after I arrived on scene. After several years, my attempt to find fulfillment brought me full circle and created a scenario in which I learned firsthand how diet can profoundly affect body, mind, and soul. I now enjoy a diet almost entirely of raw and living foods--which has changed my relationship with food and my body, as well as deepened my compassion for humanity and mother earth.

Philosophy

We are all unique. What works for me and my body, nutritionally, may not work for anyone else. Even though my experience with raw food has profoundly impacted all areas of my life, I'm not here to convert raw foodists. Instead, I intend to help people find the diet that best fuels their body, mind, and spirit in order to thrive in their authenticity and live the life they've only dreamed of. Proper nourishment makes everything possible.

Services

I work with people to create a nutritious diet and nourishing lifestyle based on their individual needs. Here are some of my current services:

- Private coaching and group counseling
- Seminars via workshops, teleclasses, and webinars
- Raw food no-cook classes and demonstrations
- Available to write spec articles on a broad range of health and wellness topics

My areas of expertise include:

- helping pilots reach and/or maintain optimal health to keep them flying
- helping people overcome food addictions and emotional eating, and reduce cravings
- helping young professionals reduce stress and increase energy
- helping people incorporate more raw foods or adopting a raw food lifestyle



Fawn is a health counselor, raw food educator, pilot, writer, speaker, entrepreneur, and self-taught raw food chef. She brings her eclectic experience and education together to help clients realize and reach their potential--from the inside out. Changing the world on meal at a time.

Websites

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