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HEALTH & WELLNESS



NOURISHING THE FEMININE SOUL



WITH PAMELA WASABI

Nourishing the Feminine Soul
Wednesday at 8 AM Pacific /11 AM Eastern
October 7th 2020: Gratitude with Rebecca
Eseimann

In this opening episode, Pamela Wasabi takes us through her healing journey. This conversation is a trip back to her first love affair with food and the beginning stages of leading a healthy lifestyle. She discusses what changes occurred on her plate and in every aspect of her life. Guest, author, and leader in holistic living, Rebecca Eseimann, joins her to discuss the key Divine Feminine element for transformation: Gratitude.



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Wednesday at 8 AM Pacific
Time/11 AM Eastern Time on
VoiceAmerica Health and
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Featured Guest



Rebecca Eseimann

Rebecca Eisenmann is a young writer and mother of two, who studied Liberal Arts and Integrative Nutrition. She is better known as 'Verde y Rebelde' and published a book called "Generación Verde y Rebelde" seeking to inspire questioning and critical thinking, beginning with our food industry and acquired habits. Rebecca is passionate about natural health and conscious parenting. Her most recent project is an online program dedicated to improving lives- one family at a time! Through her work and writing, she hopes to touch and open many hearts and create bridges from ancestral knowledge towards humanity's Awakening.

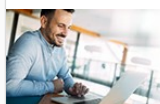
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